

**Ken Shannon-Ken Foreman Invite 2009**

Husky Stadium, Seattle, WA

Friday May 8, 2009

**Field Events**

12:00 PM-Hammer Throw (Women then Men) @ West Seattle Stadium (1 Heat Each)  
3:00 PM-Discus (W) Men to Follow (1 Flight Each)  
3:00 PM-Pole Vault (W) (1 Flight)  
3:30 PM-Long Jump (W) (1 Flight)  
4:00 PM-High Jump (W) (1 Flight)  
4:45 PM-Long Jump (M) (1 Flight)  
5:00 PM-Shot Put (M) Women to Follow (1 Flight Each)  
6:00 PM-Triple Jump (W) (1 Flight)  
6:00 PM-High Jump (M) (1 Flight)  
6:00 PM-Pole Vault (M) (1 Flight)  
6:30 PM-Javelin (M) Women to Follow (1 Flight Each)  
7:00 PM-Triple Jump (M) (1 Flight)

**Track Events**

4:15 PM-3000m Steeplechase (W) (1 Heat)  
4:30 PM-3000m Steeplechase (M) (1 Heat)  
4:45 PM-4x100m Relay (W) (1 Heat)  
4:50 PM-4x100m Relay (M) (1 Heat)  
5:00 PM-100m Hurdles (W) (2 Heats)  
5:10 PM-110m Hurdles (M) (2 Heats)  
5:20 PM-400m Dash (W) (2 Heats)  
5:30 PM-400m Dash (M) (3 Heats)  
5:40 PM-100m Dash (W) (2 Heats)  
5:45 PM-100m Dash (M) (3 Heats)  
6:00 PM-800m Run (W) (2 Heats)  
6:10 PM-800m Run (M) (3 Heats)  
6:25 PM-400m Hurdles (W) (2 Heats)  
6:35 PM-400m Hurdles (M) (2 Heats)  
6:45 PM-200m Dash (W) (3 Heats)  
6:55 PM-200m Dash (M) (3 Heats)  
7:05 PM-1500m Run (W) (2 Heats)  
7:20 PM-1500m Run (M) (3 Heats)  
7:35 PM-5000m Run (W) (1 Heat)  
7:55 PM-5000m Run (M) (1 Heat)  
8:15 PM-4 x 400m Relay (W) (1 Heat)  
8:20 PM-4 x 400m Relay (M) (1 Heat)