

PONCE GRAND PRIX  
MAY 8, 2010  
FRANCISCO MONTANER Stadium

International Events

Men - 100m, 200m, 400m, 1,500m, 110 Hurdles, 400 Hurdles, Long Jump, 4x100, 4x400

Women - 100m, 200m, 400m, 800m, 100 Hurdles, 400 Hurdles, Long Jump, 4x100

National Events

High School Boys - 4x100m, 4x400m

High School Girls - 4x100m, 4x400m

Pole Vault - Women

Pole Vault - Men

TIMETABLE

5:00	Pole Vault National - (Women) - Followed by Men
6:00 PM	4x100 - H.S. ( <i>Girls</i> )
6:10	4x 100 (M) - H.S. ( <i>Boys</i> )
6:30	4x400 (F) - H.S. ( <i>Girls</i> )
6:35	4x400 (M) - H.S. ( <i>Boys</i> )
7:00	Opening Ceremony
7:30	Long Jump (W)
7:30	4x100 (W)
7:40	4x100 (M)
7:50	400 Hurdles (W)
8:00	400 Hurdles (M)
8:10	400m (W)

8:20	400m (M) (2 heats)
8:30	Long Jump (M)
8:30	100m (W) (3 heats)
8:45	100m (M) (3 heats)
9:00	800m (W)
9:10	1,500m (M)
9:20	200m (W) (2 heats)
9:30	200m (M) (2 heats)
9:40	100 Hurdles (W)
9:50	110 Hurdles (M)
10:00	4x400 (M)