

**5th PONCE GRAND PRIX**  
**MAY 14, 2011**  
**FRANCISCO MONTANER STADIUM**

**International Events**

**Men – 100m, 200m, 400m, 800m, 110 Hurdles, 400 Hurdles, Long Jump**

**Women – 100m, 200m, 400m, 1,500m, 100 Hurdles, 400 Hurdles, Long Jump**

**National Events**

**High School Boys - 4x100m, 4x400m**

**High School Girls - 4x100m, 4x400m**

**Pole Vault – Women**

**Pole Vault - Men**

**TIMETABLE**

|                |  |
|----------------|--|
| <b>5:30</b>    | <b>Pole Vault National – (Women) – Followed by Men</b> |
| <b>5:30 PM</b> | <b>4x100 – <i>H.S. (Girls)</i></b>                     |
| <b>5:45</b>    | <b>4x 100 (M) – <i>H.S. (Boys)</i></b>                 |
| <b>6:00</b>    | <b>Opening Ceremony</b>                                |
| <b>7:10</b>    | <b>Long Jump (W)</b>                                   |
| <b>7:20</b>    | <b>100H (W)</b>  |
| <b>7:30</b>    | <b>110H (M)</b>  |
| <b>7:40</b>    | <b>400m (W)</b>  |
| <b>7:50</b>    | <b>400m (M)</b>  |
| <b>8:00</b>    | <b>100m (W)</b>  |
| <b>8:10</b>    | <b>100m (M)</b>  |
| <b>8:20</b>    | <b>Long Jump (M)</b>                                   |

|              |                                       |
|--------------|---------------------------------------|
| <b>8:20</b>  | <b>800m (M)</b>                       |
| <b>8:30</b>  | <b>1,500m (W)</b>                     |
| <b>8:45</b>  | <b>4x400m – H.S. (Girls)</b>          |
| <b>8:55</b>  | <b>4x400m H.S. (Boys)</b>             |
| <b>9:15</b>  | <b>200m (W)</b>                       |
| <b>9:25</b>  | <b>200m (M)</b>                       |
| <b>9:35</b>  | <b>400 Hurdles (W)</b>                |
| <b>9:45</b>  | <b>400 Hurdles (M)</b>                |
| <b>10:00</b> | <b>Premiación Escuelas Superiores</b> |