



TRACK & FIELD PROGRAMS

The 17th Annual *present*

Alice



COACHMAN

TRACK & FIELD INVITATIONAL

Saturday, April 4, 2009

Robert Cross Track and Field Facility @ Albany State University
Hugh Mills Stadium Complex
Albany, Georgia



EVENTS: The hammer throw and javelin throw competitions will be held at the Robert Cross Track and Field Facility at Albany State University, beginning at 8 a.m. All other events will be held at the Hugh Mills Stadium Complex (Mondo surfaces) at approximately 10:30 a.m.

AWARDS: Trophies will be awarded to first place men and women's team finishers in the scored meet. T-Shirts will be presented to all event winners.

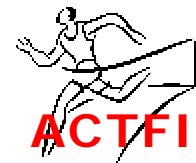
ENTRY INFORMATION: The entry fee is \$150 per men's teams and \$150 per women's teams. An entry fee of \$25 will be charged for all individual/unattached participants up to five events. Entry forms should be returned by Tuesday, March 31, for all events. Entry confirmations must be received by Thursday, April 2, by 6:00 p.m. (EST). All entries and confirmations can be e-mailed to w.lasterjr@mchsi.com or kentaylor3@hotmail.com or FAX to 229-430-1774.

MEET FORMAT: Running Events: Sections based on time. Field Events: Top nine advance to finals (3 prelim, 3 final attempts). High Jump and Pole Vault: Starting heights will be based on entries. NCAA rules apply.

For more information, please contact the Albany State University Track and Field Office at (229) 430-4761 or cell (229) 347-8354



Please send all inquires to:
The Alice Coachman Meet Director (Attn: Coach Willie Laster Jr.)
Track And Field Office, 504 College Drive, Albany, Georgia 31705
Fax: 229-430-1774



Schedule of Events

FIELD EVENTS

<u>Time</u>	<u>Event#</u>	<u>Field Event</u>	<u>Round</u>
8:00 a.m.	35	Javelin Throw - Women	Finals
8:45 a.m.	36	Javelin Throw - Men	Finals
9:00 a.m.	37	Hammer Throw - Women	Finals
10:00 a.m.	38	Hammer Throw - Men	Finals
10:30 a.m.	23	Long Jump - Women	Finals
10:30 a.m.	24	Long Jump - Men	Finals
11:00 a.m.	25	Triple Jump - Women	Finals
11:00 a.m.	26	Triple Jump - Men	Finals
11:00 a.m.	27	Pole Vault - Women	Finals
12:00 p.m.	28	Pole Vault - Men	Finals
12:00 p.m.	29	High Jump - Women	Finals
12:30 p.m.	30	High Jump - Men	Finals
2:00 p.m.	31	Shot Put - Women	Finals
2:45 p.m.	32	Shot Put - Men	Finals
3:00 p.m.	33	Discus Throw - Women	Finals
3:45 p.m.	34	Discus Throw - Men	Finals

RUNNING EVENTS

<u>Time</u>	<u>Event#</u>	<u>Running Event</u>	<u>Round</u>
11:30 a.m.	1	4x100 Meter Relay - Women	Finals
11:45 a.m.	2	4x100 Meter Relay - Men	Finals
12:00 p.m.	3	1,500 Meter Run - Women	Finals
12:05 p.m.	4	1,500 Meter Run - Men	Finals
12:15 p.m.	5	100 Meter Hurdles - Women	Finals
12:30 p.m.	6	110 Meter Hurdles - Men	Finals
12:45 p.m.	7	3000M Steeplechase - Women	Finals
1:00 p.m.	8	3000M Steeplechase - Men	Finals
1:15 p.m.	9	400 Meter Dash - Women	Finals
1:25 p.m.	10	400 Meter Dash - Men	Finals
1:50 p.m.	11	100 Meter Dash - Women	Finals
2:00 p.m.	12	100 Meter Dash - Men	Finals
2:15 p.m.	13	800 Meter Run - Women	Finals
2:30 p.m.	14	800 Meter Run - Men	Finals
2:45 p.m.	15	400 Meter Hurdles - Women	Finals
3:15 p.m.	16	400 Meter Hurdles - Men	Finals
3:45 p.m.	17	200 Meter Dash - Women	Finals
4:10 p.m.	18	200 Meter Dash - Men	Finals
4:35 p.m.	19	5000 Meter Run - Women	Finals
4:50 p.m.	20	5000 Meter Run - Men	Finals
5:15 p.m.	21	4x400 Meter Run - Women	Finals
5:35 p.m.	22	4x400 Meter Run - Men	Finals

FACTS ABOUT

Alice COACHMAN

Born: November 9, 1922 in Albany, Georgia, USA to Fred & Evelyn Coachman

Education: High Schools: Madison (Albany, GA)

Graduated: Tuskegee Institute High (Tuskegee, AL)

Junior College: Tuskegee Institute (Tuskegee, AL)

College Degree: Albany State College (Albany, GA)

CAREER AWARDS:

<u>YEAR</u>	<u>CHAMPIONSHIP EVENTS</u>	<u>SITE</u>	<u>SCHOOL</u>
1939	First National A.A.U./USAT&F High Jump Title	Waterbury, CT	Tuskegee
1940	National A.A.U./USAT&F High Jump Title	Ocean City, NJ	Tuskegee
1941	National National A.A.U./USAT&F High Jump Title	Ocean City, NJ	Tuskegee
1942	National National A.A.U./USAT&F High Jump Title National A.A.U./USAT&F 100 Meter Title	Ocean City, NJ	Tuskegee
1943	<i>All-American Track & Field Team</i> National National A.A.U./USAT&F 50 Meter Title National National A.A.U./USAT&F High Jump Title National National A.A.U./USAT&F 400 Meter Relay Title SIAC Championship Basketball Team	Cleveland, OH Tuskegee, AL	Tuskegee Tuskegee Tuskegee Tuskegee
1944	<i>All-American Track & Field Team</i> National National A.A.U./USAT&F 50 Meter Title National National A.A.U./USAT&F High Jump Title National National A.A.U./USAT&F 400 Meter Relay Title SIAC Championship Basketball Team	Harrisburg, PA Tuskegee, AL	Tuskegee Tuskegee Tuskegee Tuskegee
1945	<i>All-American Track & Field Team</i> National National A.A.U./USAT&F 50 Meter Title National National A.A.U./USAT&F 100 Meter Title National National A.A.U./USAT&F High Jump Title National National A.A.U./USAT&F 400 Meter Relay Title SIAC Championship Basketball Team	Harrisburg, PA Tuskegee, AL	Tuskegee Tuskegee Tuskegee Tuskegee
1946	<i>All-American Track & Field Team</i> National National A.A.U./USAT&F 50 Meter Title National National A.A.U./USAT&F 100 Meter Title National National A.A.U./USAT&F High Jump Title National National A.A.U./USAT&F 400 Meter Relay Title	Buffalo, NY 	Tuskegee Tuskegee Tuskegee
1947	National National A.A.U./USAT&F 50 Meter Title National National A.A.U./USAT&F High Jump Title	San Antonio, TX	Albany State Albany State
1948	National National A.A.U./USAT&F High Jump Title National National A.A.U./USAT&F High Jump Champion Olympic Gold High Jump Champion	Grand Rapids, MI Providence, RI London, England USA	Albany State Albany State

A.A.U. *Amateur Athletic Union was the governing body for U.S. track and field - 1888-1979*
 USAT&F *USA Track & Field replaced the A.A.U. in 1979*
 SIAC *Southern Intercollegiate Athletic Conference is the governing body for a group of historically black colleges and universities schools that participate in Division II collegiate athletics*