

CLASS 1 DISTRICT 1 TRACK AND FIELD MEET

May 8, 2010

Schedule of Events

10:00 a.m. Coaches and captains meeting in the bull pen area. **Weigh-in implements behind ticket booth.**
Coaches' scratch meeting immediately following coaches/captains meeting.

10:50 a.m. **National Anthem**

FIELD EVENTS

11:00 a.m. **Boy's Pole Vault**-5 alive
Boys Long Jump- Cafeteria style, 3 jumps, top 7 to finals for 3 more jumps, south runway, 1.5 hour time limit
Girls' High Jump-3 alive
Boys' Shot Put-3 puts -top 7 to finals for 3 more puts, 1.5-hour time limit
Girls Discus-3 throws- top 7 to finals for 3 more throws, 1.5-hour time limit
Girls Triple Jump-Cafeteria style, 3 jumps, top 7 to finals for 3 more jumps, north runway, 1.5 hour time limit

1:00 p.m. **Girls' Pole Vault**-5 alive
Girls' Long Jump- Cafeteria style, 3 jumps, top 7 to finals for 3 more jumps, south runway, 1.5-hour time limit
Boys' High Jump-3 alive
Girls' Shot Put-3 puts- top 7 to finals for 3 more puts, 1.5-hour time limit
Boys Discus- 3 throws- top 7 to finals for 3 more throws, 1.5-hour time limit
Boy's Triple Jump- Cafeteria style, 3 jumps, top 7 to finals for 3 more jumps, north runway, 1.5 hour time limit

RUNNING EVENTS

Prelims-Boys followed by girls
11:30 Boys' 110 M High Hurdles
11:45 Girls 100 M High Hurdles
11:55 Boys 100 M Dash
12:05 Girls 100 Meter Dash
12:15 Girls 4 X 800 – **Final-Box alley start**
12:30 Boys 4 X 800- **Final-Box alley start**
12:45 Boys 200 Meter Dash
12:55 Girls 200 Meter Dash

1:00-1:15 Workers' break

Finals-Girls followed by boys

1:20 Girls' 100 Meter High Hurdles (33") -Final
1:30 Boys' 110 Meter High Hurdles (39")-Final
1:40 Girls 100 Meter Dash -Final
1:45 Boys 100 Meter Dash-Final
1:55 Girls 4 X 200-Heats versus time
2:05 Boys 4X 200-Heats versus time
2:15 Girls 1600 Meter Run -Box alley start
2:30 Boys 1600 Meter Run-Box alley start
2:45 Girls 4 X 100-Heats versus time
2:55 Girls 400 Meter Dash-Heats versus time
3:05 Boys 400 Meter Dash-Heats versus time
3:15 Girls' 300 Meter Low Hurdles (30"), heats versus time
3:25 Boys' 300 Meter Intermediate Hurdle (36"), heats versus time
3:35 Girls 800 Meter Run- Box alley start
3:45 Boys 800 Meter Run-Box alley start
4:00 Girls 200 Meter Dash-Final
4:05 Boys 200 Meter Dash-Final
4:25 Girls 3200 Meter Run- Box alley start
4:40 Boys 3200 Meter Run-Box alley start
4:55 Girls 4 X 400-3 turn stagger, heats versus time
5:05 Boys 4 X 400-3 turn stagger, heats versus time