

MSHSAA Class 1 District 3 Track & Field Championships
Cass Midway R-I School District
Saturday, May 8, 2010

Order of Field Events: Shot & Discus 3 preliminary attempts—Nine to finals—3 attempts in finals. Long & Triple jump—3 preliminary attempts—Nine to finals—3 attempts in finals.

11:00 AM- - - - -Boys' Shot Put	1:00 PM- - - - -Girls' Shot Put
11:00 AM- - - - -Girls' Discus	1:00 PM- - - - -Boys' Discus
11:00 AM- - - - -Girls' Long Jump	1:00 PM- - - - -Girls' Triple Jump
11:00 AM- - - - -Boys' Long Jump	1:00 PM- - - - -Boys' Triple Jump
11:00 AM- - - - -Boys' Pole Vault	1:00 PM- - - - -Girls' Pole Vault
11:00 AM- - - - -Girls' High Jump	1:00 PM- - - - -Boys' High Jump
Pole Vault—Five Alive	High Jump—Three Alive

Order of Track Events:

Noon- - - - -Boys' 110 Meter High Hurdles (Preliminary)
12:15 PM- - - - -Girls' 100 Meter High Hurdles (Preliminary)
12:25 PM- - - - -Boys' 100 Meter Dash (Preliminary)
12:35 PM- - - - -Girls' 100 Meter Dash (preliminary)
12:45 PM- - - - -Girls' 4x800 (3200) Meter Relay (Final)
1:00 PM- - - - -Boys' 4x800 (3200) Meter Relay (Final)
1:15 PM- - - - -Boys' 200 Meter Dash (Preliminary)
1:30 PM- - - - -Girls' 200 Meter Dash (preliminary)

BREAK (We may run behind schedule, but we will not run ahead.)

2:00 PM- - - - -Girls' 100 Meter High Hurdles (Finals)
2:10 PM- - - - -Boys' 110 Meter High Hurdles (Finals)
2:20 PM- - - - -Girls' 100 Meter Dash (Finals)
2:25 PM- - - - -Boys' 100 Meter Dash (Finals)
2:30 PM- - - - -Girls' 4x200 (800) Meter Relay (Final)
2:40 PM- - - - -Boys' 4x200 (800) Meter Relay (Final)
2:50 PM- - - - -Girls' 1600 Meter Run (Final)
3:00 PM- - - - -Boys' 1600 Meter Run (Final)
3:10 PM- - - - -Girls' 4x100 (400) Meter Relay (Final)
3:20 PM- - - - -Boys' 4x100 (400) Meter Relay (Final)
3:30 PM- - - - -Girls' 400 Meter Dash (Final)
3:40 PM- - - - -Boys' 400 Meter Dash (Final)
3:55 PM- - - - -Girls' 300 Meter Low Hurdles (Final)
4:10 PM- - - - -Boys' 300 Meter Intermediate Hurdles (Final)
4:25 PM- - - - -Girls' 800 Meter Run (Final)
4:35 PM- - - - -Boys' 800 Meter Run (Final)
4:45 PM- - - - -Girls' 200 Meter Dash (Final)
4:55 PM- - - - -Boys' 200 Meter Dash (Final)
5:05 PM- - - - -Girls' 3200 Meter Run (Final)
5:20 PM- - - - -Boys' 3200 Meter Run (Final)
5:35 PM- - - - -Girls' 4x400 (1600) Meter Relay (Final)
5:45 PM- - - - -Boys' 4x400 (1600) Meter Relay (Final)