

**Lamar High School**  
**Saturday May 8, 2010**  
**10:00 coaches Meeting**  
**10:50 National Anthem**

Shot and Discus 3 Prelim Throws 3 Final Throws 9 to finals

11:00.....Girls Discus-Finals Follow  
11:00.....Boys Shot Put-Finals Follow  
1:00.....Boys Discus-Finals Follow  
1:00.....Girls Shot Put-Finals Follow

Long Jump and Triple Jump 3 Prelim Jumps 3, Final Jumps, 9 to Finals  
Finals Follow the Prelims

11:00.....Boys Long Jump Runway #1 Cafeteria Style (1.5 Hours)  
11:00.....Girls Long Jump Runway #2 Cafeteria Style (1.5 Hours)  
11:00.....Girls High Jump (3 alive) Starting Height \_\_\_\_\_  
11:00.....Boys Pole Vault (5 alive) Starting Height \_\_\_\_\_  
1:00.....Boys Triple Jump Runway #1 Cafeteria Style (1.5 Hours)  
1:00.....Girls Triple Jump Runway #2 Cafeteria Style (1.5 Hours)  
1:00.....Boys High Jump (3 alive) Starting Height \_\_\_\_\_  
1:00.....Girls Pole Vault (5 alive) Starting Height \_\_\_\_\_

Preliminary Running Events Begin.....11:30

11:30.....Boys 110 meter High Hurdles Prelim  
11:45..... ..Girls 100 meter (33" hurdles) Prelim  
11:55.....Boys 100 meter dash Prelim  
12:05.....Girls 100 meter dash Prelim  
12:15.....Girls 3200 meter relay Box alley start  
12:30.....Boys 3200 meter relay Box alley start  
12:45.....Boys 200 meter dash Prelim  
12:55.....Girls 200 meter dash Prelim

Finals Begin.....1:30  
1:30.....Girls 100 meter (33" hurdles) Final  
1:40.....Boys 110 meter High hurdles Final  
1:50.....Girls 100 meter dash Final  
1:55.....Boys 100 meter dash Final  
2:10.....Girls 4 x 200 meter relay (Heats vs Time)  
2:20.....Boys 4 x 200 meter relay (Heats vs Time)  
2:30.....Girls 1600 meter run Box alley Start  
2:45.....Boys 1600 meter run Box alley Start  
3:00.....Girls 4 x 100 meter relay (Heats vs Time)  
3:10.....Boys 4 x 100 meter relay (Heats vs Time)  
3:20.....Girls 400 meter dash (Heats vs Time)  
3:30.....Boys 400 meter dash (Heats vs Time)  
3:45.....Girls 300 meter hurdles (Heats vs Time)  
4:00.....Boys 300 meter hurdles (Heats vs Time)  
4:15.....Girls 800 meter run Box alley Start  
4:25.....Boys 800 meter run Box alley Start  
4:40.....Girls 200 meter dash Final  
4:45.....Boys 200 meter dash Final  
4:55.....Girls 3200 meter run Box alley Start  
5:10.....Boys 3200 meter run Box alley Start  
5:25.....Girls 4 x 400 meter relay 3 turn stagger Heats vs Time  
5:35.....Boys 4 x 400 meter relay 3 turn stagger Heats vs Time

We will not get ahead of this schedule but we may get behind.