

**Class 1 Sectional 3 & Class 2 Sectional 4 Track Meet**  
**Richmond High School**  
**May 15, 2010**

**11:00 AM Coaches Meeting**

**Shot & Discus – 4 Throws Reverse order**

12:00	Class 1 Girls Shot
	Class 1 Boys Discus
1:00	Class 2 Girls Shot
	Class 2 Boys Discus
2:00	Class 1 Boys Shot
	Class 1 Girls Discus
3:00	Class 2 Boys Shot
	Class 2 Girls Discus

**Long Jump and Triple Jump – 4 Jumps Reverse order**

12:00	Class 2 Girls Long Jump
	Class 2 Boys Triple Jump
1:00	Class 1 Girls Long Jump
	Class 1 Boys Triple Jump
2:00	Class 2 Girls Triple Jump
	Class 2 Boys Long Jump
3:00	Class 1 Girls Triple Jump
	Class 1 Boys Long Jump

**Pole Vault (5 alive) and High Jump (3 alive)**

12:00	Class 1 & 2 Girls Pole Vault	Class 1 & 2 Together
	Class 1 & 2 Boys High Jump	Class 1 & 2 Together
3:00	Class 1 & 2 Girls High Jump	Class 1 & 2 Together
	Class 1 & 2 Boys Pole Vault	Class 1 & 2 Together

**Running Events**

12:00	Class 2 Boys 4 x 800 Meter Relay	1 Turn Stagger
	Class 1 Boys 4 x 800 Meter Relay	1 Turn Stagger
12:30	Class 2 Girls 4 x 800 Meter Relay	1 Turn Stagger
	Class 1 Girls 4 x 800 Meter Relay	1 Turn Stagger
1:00	Class 2 Boys 110 Meter High Hurdles	
	Class 1 Boys 110 Meter High Hurdles	

1:15	Class 2 Girls 100 Meter Hurdles Class 1 Girls 100 Meter Hurdles	
1:25	Class 2 Boys 100 Meter Dash Class 1 Boys 100 Meter Dash	
1:35	Class 2 Girls 100 Meter Dash Class 1 Girls 100 Meter Dash	
1:45	Class 2 Boys 4 x 200 Meter Relay Class 1 Boys 4 x 200 Meter Relay	
1:55	Class 2 Girls 4 x 200 Meter Relay Class 1 Girls 4 X 200 Meter Relay	
2:05	Class 2 Boys 1600 Meter Run Class 1 Boys 1600 Meter Run	1 Turn Stagger 1 Turn Stagger
2:20	Class 2 Girls 1600 Meter Run Class 1 Girls 1600 Meter Run	1 Turn Stagger 1 Turn Stagger
2:35	Class 2 Boys 4 x 100 Meter Relay Class 1 Boys 4 x 100 Meter Relay	
2:55	Class 2 Girls 4 x 100 Meter Relay Class 1 Girls 4 x 100 Meter Relay	
3:05	Class 2 Boys 400 Meter Dash Class 1 Boys 400 Meter Dash	
3:20	Class 2 Girls 400 Meter Dash Class 1 Girls 400 Meter Dash	
3:25	Class 2 Boys 300 Meter Hurdles Class 1 Boys 300 Meter Hurdles	
3:35	Class 2 Girls 300 Meter Intermediate Hurdles Class 1 Girls 300 Meter Intermediate Hurdles	
3:45	Class 2 Boys 800 Meter Run Class 1 Boys 800 Meter Run	1 Turn Stagger 1 Turn Stagger
3:55	Class 2 Girls 800 Meter Run Class 1 Girls 800 Meter Run	1 Turn Stagger 1 Turn Stagger
4:05	Class 2 Boys 200 Meter Dash Class 1 Boys 200 Meter Dash	
4:20	Class 2 Girls 200 Meter Dash Class 1 Girls 200 Meter Dash	
4:25	Class 2 Boys 3200 Meter Run Class 1 Boys 3200 Meter Run	1 Turn Stagger 1 Turn Stagger
4:55	Class 2 Girls 3200 Meter Run Class 1 Girls 3200 Meter Run	1 Turn Stagger 1 Turn Stagger
5:25	Class 2 Boys 4 x 400 Meter Relay Class 1 Boys 4 x 400 Meter Relay	3 Turn Stagger 3 Turn Stagger
5:45	Class 2 Girls 4 x 400 Meter Relay Class 1 Girls 4 x 400 Meter Relay	3 Turn Stagger 3 Turn Stagger

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