

DISTRICT TRACK TIME SCHEDULE

SATURDAY MAY 15, 2010

LUTHERAN HIGH SCHOOL SOUTH

10:00 a.m.	Coaches Meeting
11:00 a.m.	Boys Shot Put
	Girls Discus
	Boys Long Jump-East Runway
	Girls Long Jump-Center Runway
	Girls High Jump
	Boys Pole Vault
11:30 a.m.	Boys 110 meter hurdles prelims
11:45 a.m.	Girls 100 meter hurdles prelims
11:55 a.m.	Boys 100 dash prelims
12:05 p.m.	Girls 100 dash prelims
12:15 p.m.	Girls 3200 meter relay-Final Box Alley
12:30 p.m.	Boys 3200 meter relay-Final Box Alley
12:45 p.m.	Boys 200 dash prelims
12:55 p.m.	Girls 200 dash prelims
1:00 p.m.	Boys Discus
	Girls Shot Put
	Boys Triple Jump-East Runway
	Girls Triple Jump-Center Runway
	Boys High Jump
	Girls Pole Vault
1:30 p.m.	Girls 100 meter hurdles finals
1:40 p.m.	Boys 100 meter hurdles finals
1:50 p.m.	Girls 100 dash finals
1:55 p.m.	Boys 100 dash finals
2:10 p.m.	Boys 4 x 200 meter relay-Heats vs Times
2:20 p.m.	Girls 4 x 200 meter relay-Heats vs Times
2:30 p.m.	Girls 1600 meter run-Box Alley Start

2:45 p.m.	Boys 1600 meter run-Box Alley Start
3:00 p.m.	Girls 4 x 100 meter relay-Heats vs Times
3:10 p.m.	Boys 4 x 100 meter relay-Heats vs Times
3:20 p.m.	Girls 400 meter dash-Heats vs Times
3:30 p.m.	Boys 400 meter dash-Heats vs Times
3:45 p.m.	Girls 300 meter hurdles-Heats vs Times
4:00 p.m.	Boys 300 meter hurdles-Heats vs Times
4:15 p.m.	Girls 800 meter run-Heats vs Times
4:25 p.m.	Boys 800 meter run-Heats vs Times
4:40 p.m.	Girls 200 meter dash finals
4:45 p.m.	Boys 200 meter dash finals
4:55 p.m.	Girls 3200 meter run-Box Alley Start
5:10 p.m.	Boys 3200 meter run-Box Alley Start
5:25 p.m.	Girls 4 x 400 meter relay-3 turn stagger-Heats vs Times
5:35 p.m.	Boys 4 x 400 meter relay-3 turn stagger-Heats vs Times

SHOT & DISCUS-3 PRELIM THROWS, 3 FINAL THROWS, 9 TO FINALS

LONG JUMP & TRIPLE JUMP—3 PRELIM JUMPS, 3 FINAL JUMPS, 9 TO FINALS—CAFETERIA STYLE (1.5 HOURS)

HIGH JUMP-3 ALIVE

POLE VAULT-5 ALIVE