

**MSHSAA Class 4 - Sectional 3 Track  
Lebanon High School  
Saturday May 22, 2010  
12:00PM**

**Field Events**

**12:00**

B Pole Vault  
G High Jump  
G Shot Put  
B Discus

**1:00**

G Long Jump  
B Triple Jump

**2:00**

B High Jump  
B Shot Put  
G Discus  
G Pole Vault

**3:00**

G Triple Jump  
B Long Jump

**Running Events**

B 4 x 800 m Relay	12:00
G 4 x 800 m Relay	12:15
B 110 m Hurdles	12:30
G 100 m Hurdles	12:40
B 100 m Dash	12:50
G 100 m Dash	1:00
B 4 x 200 m Relay	1:10
G 4 x 200 m Relay	1:20
B 1600 m Run	1:30
G 1600 m Run	1:40
B 4 x 100 m Relay	1:50
G 4 x 100 m Relay	2:00
B 400 m Dash	2:10
G 400 m Dash	2:20

Officials/ Workers Breaks

B 300 m Intermediate Hurdles	2:50
G 300 m Low Hurdles	3:00
B 800 m Run	3:10
G 800 m Run	3:20
B 200 m Dash	3:30
G 200 m Dash	3:40
B 3200 m Run	3:50
G 3200 m Run	4:05
B 4 x 400 m Relay	4:20
G 4 x 400 m Relay	4:30