

2010 League Track & Field Championships
4A - Wednesday, May 12, 2010
5A - Thursday, May 13, 2010
Jefferson County Stadium

Meet Starts Sharply at 3:00pm
Prelims: Times are approximate

<u>Starting Time</u>	<u>Event</u>	<u>Final/Prelim</u>
3:00	National Anthem	
3:15	Girls' 800 Medley	Finals *
3:30	Girls' 3200 m Relay	Finals *
3:45	Boys' 3200 m Relay	Finals *
4:00	Girls' 100 m Hurdles	Prelim
4:25	Boys' 110 m Hurdles	Prelim
4:50	Girls' 100 m Dash	Prelim
5:10	Boys' 100 m Dash	Prelim
5:30	Girls' 400 m Dash	Prelim
5:55	Boys' 400 m Dash	Prelim
6:20	Girls' 300 IM Hurdles	Prelim
6:40	Boys' 300 IM Hurdles	Prelim
6:55	Break	
7:25	Girls' 200 m Dash	Prelim
7:40	Boys' 200 m Dash	Prelim
7:55	Girls' 3200 m Run	Finals *
8:20	Boys' 3200 m Run	Finals *

4A Field Events - Wednesday, May 12, 2010

These Are All Finals
Times are approximate

Boys

3:15 Discus
 3:15 Long Jump
 3:15 Pole Vault (weigh-ins at 3:00)

Girls

3:15 High Jump
 3:15 Triple Jump
 3:15 Shot Put
 Pole Vault-Immediate Following Boys
 Pole Vault

5A Field Events - Thursday, May 13, 2010

These Are All Finals
Times are approximate

Boys

3:15 Long Jump
 3:15 Discus
 3:15 Pole Vault (weigh-ins at 3:00)

Girls

3:15 Shot Put
 3:15 Triple Jump
 3:15 High Jump
 Pole Vault-Immediate Following Boys
 Pole Vault

**2010 League Track & Field Championships
4A & 5A Finals
Jefferson County Stadium
Saturday, May 15, 2010
Field Events Begin 9:15am
Track Events Begin 10:00am**

<u>Starting Time</u>	<u>Event</u>	<u>All Events Are Finals (times are approximate)</u>
9:45	National Anthem	
10:00	Girls' 100 m Hurdles	
10:20	Boys' 110 m Hurdles	
10:30	Girls' 100 m Dash	
10:40	Boys' 100 m Dash	
10:55	Girls' 800 m Relay	
11:10	Boys' 800 m Relay	
11:25	Girls' 1600 m Run	
11:45	Boys' 1600 m Run	
11:55	Girls' 400 m Relay	
12:15	Boys' 400 m Relay	
12:25	Girls' 400 m Dash	
12:35	Boys' 400 m Dash	
12:55	Girls' 300 IM Hurdles	
1:10	Boys' 300 IM Hurdles	
1:20	Girls' 800 m Run	
1:35	Boys' 800 m Run	
1:45	Girls' 200 m Dash	
1:55	Boys' 200 m Dash	
	30 Minute Break – Coaches Meeting	
2:25	Girls 1600 m Relay	
2:40	Boys 1600 m Relay	

4A & 5A Field Events

Boys' - 9:15am

4A Triple Jump
4A Shot Put
5A High Jump

Girls' - 9:15am

5A Long Jump
5A Discus

Boys' - 12:15pm

5A Triple Jump
5A Shot Put
4A High Jump

Girls' - 12:15pm

4A Long Jump
4A Discus