

# 2010 Seaking District 2B/3A/4A Track Schedule

**Saturday May 22, 2010**

## FIELD EVENTS

**10:30 AM - Coaches Meeting**

### 4A

- 12:30** G-Long Jump (N. Pit)
- 11:00** B-Triple Jump (S. Pit)
- 12:30** G-Discus
- 11:00** G-High Jump
- 12:30** B-Javelin
- 11:00** B-Shot
- 11:00** G-pole vault

### 2B

- 11:00** B-Long Jump (N. Pit)
- 12:30** G-Triple Jump (S. Pit)
- 11:00** B-Discus
- 12:30** B-High Jump
- 11:00** G-Javelin
- 12:30** G-Shot
- 12:30** B-pole vault

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## RUNNING EVENTS - Finals

(All are Finals)

- 12:00** G-4A 800 M Relay
- 12:05** G-2B 800 M Relay
- 12:15** B-4A 110 M High Hurdles
- 12:20** B-2B 100 M High Hurdles
- 12:30** G-4A 100 M Hurdles
- 12:35** G-2B 100 M Hurdles
- 12:45** B-4A 100 M Dash
- 12:50** B-2B 100 M Dash
- 12:55** G-4A 100 M Dash
- 1:00** G-2B 100 M Dash
- 1:10** G-4A 1600 M Run
- 1:20** G-2B 1600 M Run
- 1:30** B-4A 3200 M Run
- 1:45** B-4A 400 M Relay
- 1:50** B-2B 400 M Relay
- 1:55** G-4A 400 M Relay
- 2:00** G-2B 400 M Relay
- 2:10** B-4A 400 M Dash
- 2:15** B-2B 400 M Dash
- 2:20** G-4A 400 M Dash
- 2:25** G-2B 400 M Dash
- 2:35** B-4A 300 M Int. Hurdles
- 2:40** B-2B 300 M Int. Hurdles
- 2:45** G-4A 300 M Low Hurdles
- 2:50** G-2B 300 M Low Hurdles
- 3:00** B-4A 800 M Run
- 3:05** B-2B 800 M Run
- 3:10** G-4A 800 M Run
- 3:15** G-2B 800 M Run
- 3:25** B-4A 200 M Dash
- 3:30** B-2B 200 M Dash
- 3:35** G-4A 200 M Dash
- 3:40** G-2B 200 M Dash
- 3:50** B-2B 3200 M Run
- 4:05** B-4A 1600 M Relay
- 4:10** B-2B 1600 M Relay
- 4:15** G-4A 1600 M Relay
- 4:20** G-2B 1600 M Relay

Distance Race Final