

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

Wednesday May 19, 2010

FIELD EVENTS

2:30 PM - Coaches Meeting

2B	3A	
4:30	3:00	G-Long Jump (N. Pit)
3:00	4:30	B-Triple Jump (S. Pit)
4:30	3:00	G-Discus
3:00	4:30	G-High Jump
4:30	3:00	B-Javelin
3:00	4:30	B-Shot
2:30		G-pole vault
	4:30	B-pole vault

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RUNNING EVENTS - Prelims

(Finals where noted)

4:00	G-3A 800 M Relay
4:10	G-2B 3200 M Run (Final)
4:25	B-3A 110 M High Hurdles
4:40	G-3A 100 M Hurdles
4:50	B-3A 100 M Dash
5:00	G-3A 100 M Dash
5:10	B-2B 1600 M Run (Final)
5:25	B-3A 1600 M Run (Final)
5:35	G-3A 3200 M Run (Final)
5:50	B-3A 400 M Relay
6:00	G-3A 400 M Relay
6:10	B-3A 400 M Dash
6:20	G-3A 400 M Dash
6:30	B-3A 300 M Int. Hurdles
6:40	G-3A 300 M Low Hurdles
6:50	B-3A 800 M Run
7:00	G-3A 800 M Run
7:10	B-3A 200 M Dash
7:25	G-3A 200 M Dash
7:45	B-3A 1600 M Relay
8:00	G-3A 1600 M Relay

Distance Race Final