

2010 AREA "C" TRACK CHAMPIONSHIPS

ORDER OF EVENTS

NOTE: The Meet may move ahead of schedule. Listen for announcements

<u>EVENT</u>	<u>AGE GROUP</u>	<u>TIME</u>	
4 x 800	Open Girls	1:00	
	Open Boys	1:15	
100 Meter Trials	Novice Girls / Boys	1:30	
	Minor Girls / Boys	1:40	
	Cadet Girls / Boys	1:50	
1600 Meters	Novice Girls	2:00	
	Novice Boys	2:10	
	Minor Girls	2:20	
	Minor Boys	2:30	
	Cadet Girls	2:40	
	Cadet Boys	2:50	
	400 Meters	Novice Girls /Boys	3:00
4 X 100 Relay	Minor Girls / Boys	3:15	
	Cadet Girls / Boys	3:30	
	Novice Girls	3:45	
4 X 100 Relay	Novice Boys	3:50	
	Minor Girls	3:55	
	Minor Boys	4:00	
	Cadet Girls	4:05	
	Cadet Boys	4:10	
	Karen Assal Awards		4:15
	100 Meter Finals	All Age Groups	4:30
800 Meters	Novice Girls / Boys	4:45	
	Minor Girls / Boys	5:00	
	Cadet Girls / Boys	5:15	
200 Meters	Novice Girls / Boys	5:30	
	Minor Girls / Boys	5:45	
	Cadet Girls / Boys	6:00	
4 x 200 Relay	Novice Girls / Boys	6:15	
	Minor Girls / Boys	6:25	
	Cadet Girls / Boys	6:35	
Awards Presentation to follow the last race			

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FIELD EVENTS	HIGH JUMP	LONG JUMP	SHOT PUT	TRIPLE JUMP
Novice Girls	1:00	2:00	5:00	
Novice Boys	3:00	2:00	6:00	
Minor Girls	2:00	3:00	1:00	
Minor Boys	4:00	3:00	2:00	
Cadet Girls	5:00	1:00	3:00	4:00
Cadet Boys	6:00	1:00	4:00	5:00