

**All races are Gold and Silver combined followed by Bronze heats-
Girls heats then Boys**

Tentative Time Schedule Friday 3/12/10 first event starts at 4pm

4:00 pm	Pentathlon Starts - Hurdles
4:30 pm	4x200m relay (Girls/Boys)
5:00 pm	DMR relay
5:00 pm	Bronze field events begin LJ, SP, HJ, PV
6:00 pm	400m Dash Semi-finals
6:45 pm	4x60m shuttle hurdle relay finals
7:00 pm	Triple Jump Gold and Silver (3 Jumps Top 9 to Finals)
7:00 pm	Gold and Silver Weight Throw (3 Throws Top 9 to Finals)
7:00 pm	3200m run final
8:15 pm	200m Dash Semi-finals

Tentative Saturday 3/13/10 Event Schedule

9:00 am	Gold and Silver LJ, SP, HJ, PV
10:00 am	4x800m relay (Girls/Boys)
10:30 am	60 Hurdles Prelims (Girls/Boys)
10:50 am	60 Dash Prelims (Girls/Boys)
11:00 am	Bronze WT (Girls/Boys) and TJ
11:15 am	1 mile run (Girls/Boys)
12:10 pm	60m H Final (Girls/Boys)
12:25 pm	60m D Final (Girls/Boys)
12:45 pm	400m dash Final (Girls/Boys)
1:30 pm	800m Run Final (Girls/Boys)
2:30 pm	200m Dash Final (Girls/Boys)
2:45 pm	4x1500m relay (Girls/Boys)
3:45 pm	4x400m relay (Girls/Boys)