

REGION VI
CLASS ‘B’ BOYS’ AND GIRLS’ TRACK AND FIELD MEET
JOHNSEN FIELD, RUGBY, ND
SATURDAY, MAY 22, 2010

SCHEDULE OF TRACK EVENTS

10:30 a.m.	3200 Meter Relay
11:00 a.m.	300 Meter Hurdles
11:30 a.m.	100 Meter Dash
11:45 a.m.	800 Meter Relay
12:10 p.m.	1600 Meter Run
12:30 p.m.	400 Meter Relay
12:45 p.m.	400 Meter Dash
1:15 p.m.	110 Meter Hurdles (boys)
1:30 p.m.	100 Meter Hurdles (girls)
1:45 p.m.	800 Meter Run
2:00 p.m.	200 Meter Dash
2:30 p.m.	3200 Meter Run
3:00 p.m.	1600 Meter Relay

In all events on the track, the boys will run first. The fastest times will be in the first heat.

SCHEDULE OF FIELD EVENTS

10:00 a.m	12:30 p.m.
Pole Vault (girls)	Pole Vault (boys)
Shot Put (boys)	Shot Put (girls)
Javelin (boys)	Javelin (girls)
High Jump (boys)	High Jump (girls)
Discus (girls)	Discus (boys)
Triple Jump (boys)	Triple Jump (girls)
Long Jump (girls)	Long Jump (boys)

In all field events, except the high jump and pole vault, there will be three attempts given in preliminaries and three additional attempts for the top nine finalists. The athletes with the best performances from the year will compete in the last flights.