

NSAA State Track and Field Championships  
2010 Schedule

**FRIDAY – MAY 21 (D-B Girls then D-B Boys)**

9:00 am. 3200 Meter Relay Finals  
9:55 am. 100 Meter High Hurdles  
10:15 am. 110 Meter High Hurdles  
10:35 am. 100 Meter Dash  
11:15 am. 400 Meter Dash  
11:55 am. 3200 Meter Run Finals  
12:55 pm. 300 Meter Low Hurdles  
1:15 pm. 300 Meter Intermediate Hurdles  
1:35 pm. 200 Meter Dash

**FRIDAY – MAY 21 (C-A Girls then C-A Boys)**

3:30 pm. 3200 Meter Relay Finals  
4:25 pm. 100 Meter High Hurdles  
4:40 pm. 110 Meter High Hurdles  
4:55 pm. 100 Meter Dash  
5:35 pm. 400 Meter Dash  
6:10 pm. 3200 Meter Run Finals  
7:10 pm. 300 Meter Low Hurdles  
7:30 pm. 300 Meter Intermediate Hurdles  
7:45 pm. 200 Meter Dash



**SATURDAY – MAY 22**

**(D-C-B-A Girls Finals then D-C-B-A Boys Finals)**

9:30 am. 800 Meter Run  
10:45 am. 400 Meter Relay  
12:00 pm. 100 Meter High Hurdles  
12:15 pm. 110 Meter High Hurdles  
12:30 pm. 100 Meter Dash  
12:55 pm. 400 Meter Dash

**Intermission**

2:00 pm. 1600 Meter Run  
3:10 pm. 300 Meter Low Hurdles  
3:25 pm. 300 Meter Intermediate Hurdles  
3:40 pm. 200 Meter Dash  
4:10 pm. 1600 Meter Relay

**2010 NSAA STATE TRACK & FIELD CHAMPIONSHIPS – Order of Field Events**

	<b>CLASS A</b>	<b>CLASS B</b>	<b>CLASS C</b>	<b>CLASS D</b>
<b>Long Jump</b>				
◆ Boys	3:00 p.m. Sat.	8:30 a.m. Sat.	10:30 a.m. Sat.	1:00 p.m. Sat.
*Girls	3:00 p.m. Fri.	11:00 a.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
<b>Triple Jump</b>				
◆ Boys	6:00 p.m. Fri.	9:00 a.m. Fri.	3:00 p.m. Fri.	12:00 noon Fri.
*Girls	11:00 a.m. Sat.	1:30 p.m. Sat.	8:30 a.m. Sat.	3:30 p.m. Sat.
<b>Shot Put</b>				
◆ Boys	5:30 p.m. Fri.	9:00 a.m. Fri.	3:30 p.m. Fri.	11:00 a.m. Fri.
*Girls	1:00 p.m. Sat.	11:00 a.m. Sat.	3:00 p.m. Sat.	8:30 a.m. Sat.
<b>Discus</b>				
◆ Boys	11:00 a.m. Sat.	1:00 p.m. Sat.	8:30 a.m. Sat.	3:00 p.m. Sat.
*Girls	3:00 p.m. Fri.	12:00 noon Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
<b>High Jump</b>				
◆ Boys	3:00 p.m. Fri.	12:00 noon Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
*Girls	3:00 p.m. Sat.	8:30 a.m. Sat.	1:00 p.m. Sat.	10:30 a.m. Sat.
<b>Pole Vault</b>				
◆ Boys	9:00 a.m. Sat.	9:00 a.m. Fri.	3:30 p.m. Fri.	1:00 p.m. Sat.
*Girls	3:30 p.m. Fri.	9:00 a.m. Sat.	1:00 p.m. Sat.	9:00 a.m. Fri.