

2010 TRACK & FIELD MEET SCHEDULES AT SIOUX FALLS, LENNOX & BRANDON

Class "B" Preliminaries at Sioux Falls; Class "A" Preliminaries at Lennox
Class "AA" Preliminaries at Brandon; Class "B", "A", "AA" Finals at Sioux Falls

1st Session – SIOUX FALLS AND LENNOX - MAY 28, 2010

9:30 a.m. Field Events and 10:00 a.m. Running Events

| | | | |
|--------------|-------------------------------------|-------|--------------------------|
| 10:00 | Girls 100m Inter. Hurdles – Prelims | 9:30 | "B" "A" Girls Pole Vault |
| 10:15 | Boys 110m High Hurdles – Prelims | | "B" "A" Boys Long Jump |
| 10:30 | GIRLS 3200m RELAY – FINALS | | "B" Girls High Jump |
| 11:00 | Girls 100m Dash – Prelims | | "A" Girls Shot Put |
| 11:15 | Boys 100m Dash – Prelims | | |
| 11:30 | BOYS 3200m RELAY – FINALS | | |
| 11:55 | Girls 100m Dash – Semis | 11:30 | "B" "A" Girls Long Jump |
| 12:05 | Boys 100m Dash – Semis | | "B" Boys Discus |
| 12:15 | Girls 800m Relay – Prelims | | |
| 12:30 | Boys 800m Relay – Prelims | | |

1st SESSION – BRANDON – MAY 28, 2010

10:30 a.m. Field Events and 11:00 a.m. Running Events

| | | | |
|--------------|-------------------------------------|-------|----------------------|
| 11:00 | Girls 100m Inter. Hurdles – Prelims | 10:30 | "AA" Girls Discus |
| 11:15 | Boys 110m High Hurdles – Prelims | | "AA" Boys High Jump |
| 11:30 | GIRLS 3200m RELAY – FINALS | | |
| 11:50 | Girls 100m Dash – Prelims | | |
| 12:00 | Boys 100m Dash – Prelims | 12:30 | "AA" Girls High Jump |
| 12:10 | BOYS 3200m RELAY – FINALS | | "AA" Boys Shot Put |
| 12:30 | Girls 800m Relay – Prelims | | |
| 12:45 | Boys 800m Relay – Prelims | | |

2nd SESSION – ALL SITES – MAY 28, 2010

2:00 p.m. Field Events and 2:30 p.m. Running Events

| | | | |
|-------------|------------------------------------|------|--------------------------------|
| 2:30 | Girls 400m Relay – Prelims | 2:00 | "B" "A" Boys Pole Vault |
| 2:40 | Boys 400m Relay – Prelims | | "B" "A" "AA" Boys Triple Jump |
| 2:50 | Girls 400m Dash – Prelims | | "B" Girls Discus |
| 3:00 | Boys 400m Dash – Prelims | | "AA" Girls Shot Put |
| 3:15 | Girls 300m Low Hurdles – Prelims | | |
| 3:30 | Boys 300m Inter. Hurdles – Prelims | | |
| 3:45 | Girls Medley Relay – Prelims | 4:00 | "B" "A" "AA" Girls Triple Jump |
| 4:00 | Boys Medley Relay – Prelims | | "B" Boys High Jump |
| 4:15 | GIRLS 800m RUN – FINALS | | "A" Boys Shot Put |
| 4:25 | BOYS 800m RUN – FINALS | | "AA" Boys Discus |
| 4:35 | Girls 200m Dash – Prelims | | |
| 4:50 | Boys 200m Dash – Prelims | | |
| 5:05 | GIRLS 3200m RUN – FINALS | | |
| 5:25 | BOYS 3200m RUN – FINALS | | |
| 5:40 | Girls 1600m Relay – Prelims | | |
| 6:00 | Boys 1600m Relay – Prelims | | |

FINAL SESSION – SIOUX FALLS – MAY 29, 2010

9:00 a.m. Field Events and 9:30 a.m. Running Events

| | | | |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----------------------|
| 9:30 | "B" "A" "AA" Girls 100m Inter. Hurdles | 9:00 | "B" Girls Shot Put |
| 9:45 | "B" "A" "AA" Boys 110m High Hurdles | | "A" Girls High Jump |
| 10:00 | "B" "A" "AA" Girls 100m Dash | | "A" Boys Discus |
| 10:15 | "B" "A" "AA" Boys 100m Dash | | "AA" Boys Long Jump |
| 10:30 | "B" "A" "AA" Girls 800m Relay | | "AA" Girls Pole Vault |
| 10:45 | "B" "A" "AA" Boys 800m Relay | | |
| 11:00 | "B" "A" "AA" Girls 1600m Run | 11:30 | "B" Boys Shot Put |
| 11:20 | "B" "A" "AA" Boys 1600m Run | | "A" Boys High Jump |
| 11:45 | "B" "A" "AA" Girls 400m Relay | | "A" Girls Discus |
| 11:55 | "B" "A" "AA" Boys 400m Relay | | "AA" Girls Long Jump |
| 12:10 | "B" "A" "AA" Girls 400m Dash | | "AA" Boys Pole Vault |
| 12:25 | "B" "A" "AA" Boys 400m Dash | | |
| 12:40 | "B" "A" "AA" Girls 300m Low Hurdles | | |
| 12:55 | "B" "A" "AA" Boys 300m Inter. Hurdles | | |
| 1:10 | "B" "A" "AA" Girls Medley Relay | | |
| 1:25 | "B" "A" "AA" Boys Medley Relay | | |
| 1:45 | "B" "A" "AA" Girls 200m Dash | | |
| 2:00 | "B" "A" "AA" Boys 200m Dash | | |
| 2:10 | DISTINGUISHED SERVICE AWARDS, NFOA TRACK OFFICIAL'S AWARD, 25 YEAR COACHES AWARDS, 25 YEAR OFFICIALS AWARDS, SPECIAL OLYMPICS MEDAL PRESENTATION | | |
| 2:25 | "B" "A" "AA" Girls 1600m Relay | | |
| 2:40 | "B" "A" "AA" Boys 1600m Relay | | |