

Battle for the Bride Track and Field Invitational  
Meet Time Schedule  
Friday May 7, 2010

4:30-4:45 Coaches Meeting Staging Area

Field Event Schedule

5:00-6:30PM	Javelin (Practice Field Area) Boy's followed by Girl's
5:00-7:00PM	Girl's Pole Vault followed by Boy's Pole Vault
5:00-6:30PM	Triple Jump(Sand Pit)Boy's followed by Girl's
6:30-8:00PM	Shot Put(Shot Put Circle)Boy's followed by Girl's
7:00-8:30PM	Long Jump(Sand Pit)Boy's followed by Girl's
5:00-6:30PM	High Jump(HJ Pit)Girl's followed by Boy's
8:00-9:30PM	Discus(Infield Discus Cage)Boy's followed by Girl's

All field events will be run using a modified open pit. Competitors must check in and out of events with the event judge. A 15 minute time period will be allowed for check out for a running event or another field event. That athlete will be worked back into the rotation when they check back into the event. All field events will be seeded lowest performance to best submitted performance.

Track Event Schedule

5:00PM-5:30PM	100m/110m Hurdle Trials Dash Trials -2 heats boys, 2 heats girls.
5:30PM-5:50PM	100m Dash Trials - 2 heats boys, 2 heats girls.
5:50PM-6:20PM	3200m Relay - 1 heat final boy's and girl's.
6:20PM-6:30PM	100m/110m Hurdle Finals - 1 heat final boy's and girl's.
6:40PM-6:50PM	100m Dash Finals -1 heat final boy's and girl's.
6:50PM-7:20PM	1600m Run Finals - 1 heat final boy's and girl's.
7:20PM-7:35PM	400m Relay Finals- 1 heat final boy's and girl's.
7:35PM-8:00PM	400m Dash Final - 2 heats boy's, 2 heats girl's.
8:00PM-8:25PM	300m Hurdles - 2 heats boy's, 2 heats girl's.
8:30PM-8:45PM	800m Run - 1 heats boys, 1 heats girls.
8:45PM-9:00PM	200m Dash Final -1 heat final boy's and girl's.
9:00PM-9:30PM	3200m Run - 1 heat final boy's and girl's.
9:30PM-9:45PM	1600m Relay - 1 heat final boy's and girl's.

Meet will run ahead of schedule. Make sure your athletes are listening to the calls for the events.

Advancement to finals will be top three athletes in each heat plus the next fastest time in the 100m Dash. Only top three athletes will advance in hurdles.

Awards to top six athletes in each event. Medals to top three, ribbons for fourth thru sixth. Top relay team will receive medals. Athletes will be escorted to medal stand immediately following the conclusion of the event.