

Time Schedule
2010 Lancaster - Lebanon League
Track & Field Championships

Friday, May 14, 2010 at Hempfield High School

Running Events

Time	Event	Comments
4:00 PM	Girls 100 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
4:15 PM	Boys 100 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
4:30 PM	Girls 100 M Hurdle Trials	Winner from each heat + next 4 fastest times advance to finals
4:45 PM	Boys 110 M Hurdle Trials	Winner from each heat + next 4 fastest times advance to finals
5:00 PM	Girls 200 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
5:15 PM	Boys 200 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
5:30 PM	Girls 3200 M Run Finals	
6:00 PM	Boys 3200 M Run Finals	

Field Events

Time	Event
4:00 PM	Boys Javelin, Boys Long Jump, Girls Pole Vault
4:00 PM	Girls Discus, Boys High Jump

Time Schedule
2010 Lancaster - Lebanon League
Track & Field Championships

Saturday, May 15, 2010 at Hempfield High School

Running Events

Time	Event
10:00 AM	Girls 4 X 800 M Relay Finals
10:25 PM	Boys 4 X 800 M Relay Finals
10:45 PM	Girls 100 M Hurdle Finals
10:50 PM	Boys 110 M Hurdle Finals
11:00 AM	Girls 100 M Dash Finals
11:05 AM	Boys 100 M Dash Finals
11:10 AM	Girls 1600 M Run Finals
11: 35 AM	Boys 1600 M Run Finals
12:00 PM	Girls 400 M Dash Finals
12:15 PM	Boys 400 M Dash Finals
12:30 PM	Girls 4 X 100 M Relay Finals
12:45 PM	Boys 4 X 100 M Relay Finals
1:00 PM	Girls 300 M Intermediate Hurdle Finals
1:15 PM	Boys 300 M Intermediate Hurdle Finals
1:30 PM	Girls 800 Meter Finals
1:45 PM	Boys 800 Meter Finals
2:00 PM	Girls 200 M Dash Finals
2:05 PM	Boys 200 M Dash Finals
2:15 PM	Girls 4 X 400 M Relay Finals
2:30 PM	Boys 4 X 400 M Relay Finals

Field Events

Time	Event
10:00 AM	Boys Shot Put, Girls High Jump
10:00 AM	Girls Javelin, Girls Triple Jump, Boys Pole Vault
12:30 PM	Boys Discus, Boys Triple Jump
12:30 PM	Girls Shot Put, Girls Long Jump