

2010 Black Knight Invitational Time Schedule

9:30 Coaches Meeting at starting line

9:55 Star Spangled Banner

Track Events (Girls precede Boys events)

10:00 a.m. 100/110 High Hurdles Trials (8 advance)

10:20 100 Meter Dash Trials (8 advance)

10:40 4 x 800 Meter Relay

11:20 100/110 High Hurdle Finals

11:40 100 Meter Dash Finals

11:45 1600 Meter Run

12:15 p.m. 400 Meter Dash

12:40 4 x 100 Meter Relay

1:00 300 Intermediate Hurdles

1:30 800 Meter Run

1:55 200 Meter Dash Finals

2:20 3200 Meter Run

2:50 4 x 400 Meter Relay

3:10 4 x 200 (2 Girls/2 Boys in any order; non-scoring)

3:20 Presentation of Awards

Field Events

10:00 am Shot (B), Javelin (G)

Pole Vault (G), Long Jump (G), Triple Jump (B)

10:30 High Jump (G)

11:30 Discus (B), Shot Put (G)

12:00 Triple Jump (G), Long Jump (B), Pole Vault (B)

High Jump (B)

1:00 p.m. Javelin (B), Discus (G)

Starting Heights: High Jump - 4' 2"/5' 4"

Pole Vault - 7'6"/ 9'6"