

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS**  
**BOYS AND GIRLS TRIALS**  
**FRIDAY, MAY 14, 2010**

**\*TENTATIVE TIME SCHEDULE**

| <u>FIELD EVENTS</u>                | <u>TIME</u>                  |
|------------------------------------|------------------------------|
| Discus (Boys)                      | 12 noon                      |
| Discus (Girls)                     | (to follow boys discus)      |
| <u>COACHES MEETING</u>             | 2:00 p.m.                    |
| <u>TEAM CAPTAINS MEETING</u>       | 2:30 p.m.                    |
| Shot Put (Boys)                    | 2:15 p.m.                    |
| Shot Put (Girls)                   | (to follow boys shot put)    |
| Long Jump (Boys)                   | 2:15 p.m.                    |
| Long Jump (Girls)                  | (to follow boys long jump)   |
| Triple Jump (Boys)                 | 3:45 p.m. (approx.)          |
| Triple Jump (Girls)                | (to follow boys triple jump) |
| High Jump (Girls)                  | 4:30 p.m.                    |
| Pole Vault (Boys)                  | 4:30 p.m.                    |
| <u>RUNNING EVENTS</u>              | <u>TIME</u>                  |
| 100 Meter High Hurdles (Girls)     | 3:15 p.m.                    |
| 110 Meter High Hurdles (Boys)      | 3:35 p.m.                    |
| 100 Meter Dash (Girls)             | 3:55 p.m.                    |
| 100 Meter Dash (Boys)              | 4:15 p.m.                    |
| 1500 Meter Run (Girls)             | 4:30 p.m.                    |
| 1500 Meter Run (Boys)              | 4:45 p.m.                    |
| 400 Meter (4 x 100) Relay (Girls)  | 5:00 p.m.                    |
| 400 Meter (4 x 100) Relay (Boys)   | 5:15 p.m.                    |
| 400 Meter Dash (Girls)             | 5:30 p.m.                    |
| 400 Meter Dash (Boys)              | 5:45 p.m.                    |
| 300 Meter Hurdles (Girls)          | 6:00 p.m.                    |
| 300 Meter Inter. Hurdles (Boys)    | 6:15 p.m.                    |
| 800 Meter Run (Girls)              | 6:45 p.m.                    |
| 800 Meter Run (Boys)               | 7:00 p.m.                    |
| 200 Meter Dash (Girls)             | 7:20 p.m.                    |
| 200 Meter Dash (Boys)              | 7:40 p.m.                    |
| 3000 Meter Run (Girls)             | 8:00 p.m.                    |
| 3000 Meter Run (Boys)              | 8:25 p.m.                    |
| 1600 Meter (4 x 400) Relay (Girls) | 8:50 p.m.                    |
| 1600 Meter (4 x 400) Relay (Boys)  | 9:10 p.m.                    |

Note: Time schedule subject to change based on number of heats per event.