

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS**  
**BOYS AND GIRLS FINALS**  
**SATURDAY, MAY 15, 2010**

**\*TENTATIVE TIME SCHEDULE**

**FIELD EVENTS**

**TIME**

Discus (Boys)	3:30 p.m.
Discus (Girls)	(to follow boys discus)
High Jump (Boys)	4:30 p.m.
Pole Vault (Girls)	4:30 p.m.
<b>COACHES MEETING</b>	4:30 p.m.
<b>OPENING CEREMONIES</b>	5:15 p.m.
Shot Put (Boys)	5:30 p.m.
Shot Put (Girls)	(to follow boys shot put)
Long Jump (Boys)	4:30 p.m.
Long Jump (Girls)	(to follow boys long jump)
Triple Jump (Boys)	6:00 p.m.
Triple Jump (Girls)	(to follow boys triple jump)

**RUNNING EVENTS**

**TIME**

100 Meter High Hurdles (Girls)	5:40 p.m.
110 Meter High Hurdles (Boys)	5:50 p.m.
100 Meter Dash (Girls)	6:00 p.m.
100 Meter Dash (Boys)	6:05 p.m.
1500 Meter Run (Girls)	6:10 p.m.
1500 Meter Run (Boys)	6:20 p.m.
400 Meter (4 x 100) Relay (Girls)	6:30 p.m.
400 Meter (4 x 100) Relay (Boys)	6:40 p.m.
400 Meter Dash (Girls)	6:50 p.m.
400 Meter Dash (Boys)	7:00 p.m.
300 Meter Hurdles (Girls)	7:10 p.m.
300 Meter Inter. Hurdles (Boys)	7:15 p.m.
800 Meter Run (Girls)	7:20 p.m.
800 Meter Run (Boys)	7:25 p.m.
200 Meter Dash (Girls)	7:35 p.m.
200 Meter Dash (Boys)	7:40 p.m.
3000 Meter Run (Girls)	7:50 p.m.
3000 Meter Run (Boys)	8:05 p.m.
1600 Meter (4 x 400) Relay (Girls)	8:20 p.m.
1600 Meter (4 x 400) Relay (Boys)	8:30 p.m.

**PRESENTATION OF AWARDS** 8:45 p.m.