

2010 NCHSAA INDOOR - REVISED
4A TRACK & FIELD
STATE CHAMPIONSHIP MEET SCHEDULE

- 3:30 Facility opens for Coaches and athletes
- 3:30 Packets available for Coaches
- 3:45 Meeting for Officials
- 4:00 Meeting for Coaches
- 3:45 Vaulters (Ladies) Verify Poles – At the Site of the Pole Vault. Men will verify their poles prior to Competition when they check in

4:30 FIELD EVENTS BEGIN **

Women's high jump followed by men's high jump
 Women's pole vault followed by men's pole vault
 Women's long jump followed by women's triple jump
 Men's long jump followed by men's triple jump
 Men's shot put followed by women's shot put

4:30 RUNNING EVENT FINALS **

55 meter high hurdles-----Women's Semi-Finals
 55 meter high hurdles-----Men's Semi-Finals
 55 meter dash-----Women's Semi-Finals
 55 meter dash-----Men's Semi-Finals
 3200 meter relay-----Women
 3200 meter relay-----Men
 55 meter high hurdles-----Women's finals
 55 meter high hurdles-----Men's finals
 55 meter dash-----Women's finals
 55 meter dash-----Men's finals
 1600 meter run-----Women
 1600 meter run-----Men
 500 meter run-----Women
 500 meter run-----Men
 1000 meter run-----Women
 1000 meter run-----Men
 300 meter dash-----Women
 300 meter dash-----Men
 3200 meter run-----Women
 3200 meter run-----Men
 1600 meter relay-----Women
 1600 meter relay-----Men

**** We may run a little late, depending upon when the 123A Meet ends.**