

**International Friendship and Freedom Games**  
**17-Apr-10**  
**A & T State University**  
**2010 Schedule**  
***Tentative Schedule (Running Events)***

[Click Here For Entire Schedule](#)

**Saturday, April 17, 2010**

**Running Events**

8:00 AM	400 Meter hurdles College/Open Women	Finals
8:15 AM	400 Meter hurdles College/Open Men	Finals
8:30 AM	3000 Meter Run College/Open Women	Finals
8:45 AM	3000 Meter Run College/Open Men	Finals
9:00 AM	4x800 Meter Relay High School Girls	Finals
9:15 AM	4x800 Meter Relay High School Boys	Finals
9:30 AM	800 Meter Run College/Open Women	Finals
9:45 AM	800 Meter Run College/Open Men	Finals
10:15 AM	100 Meter Hurdles High School Girls	Prelims
10:30 AM	100 Meter Hurdles College/Open Women	Prelims
10:45 AM	110 Meter Hurdles High School Boys	Prelims
11:00 AM	110 Meter Hurdles College/Open Men	Prelims
11:15 AM	100 Meter Dash High School Girls	Prelims
11:25 AM	100 Meter Dash High School Boys	Prelims
11:35 AM	100 Meter Dash College/Open Women	Prelims
11:45 AM	100 Meter Dash College/Open Men	Prelims
11:55 AM	110 Meter Hurdles College/Open Men (Two Heats)	Finals
12:05 PM	110 Meter Hurdles High School Boys	Finals
12:15 PM	100 Meter Hurdles High School Girls	Finals
12:25 PM	100 Meter Hurdles College/Open Women (Two Heats)	Finals
12:40 PM	100 Meter Dash High School Girls	Finals
12:50 PM	100 Meter Dash High School Boys	Finals
1:00 PM	100 Meter Dash College/Open Women (Two Heats)	Finals
1:10 PM	100 Meter Dash College/Open Men (Two Heats)	Finals
1:20 PM	400 Meter Dash College/Open Women	Finals
1:30 PM	400 Meter Dash College/Open Men	Finals
1:40 PM	4x200 Meter Relay High School Girls	Finals
1:50 PM	4x200 Meter Relay High School Boys	Finals
2:00 PM	1500 Meter Run College/Open Women	Finals
2:15 PM	1500 Meter Run College/Open Men	Finals
2:30 PM	200 Meter Dash College/Open Women	Finals
2:45 PM	200 Meter Dash College/Open Men	Finals
3:00 PM	1600 Meter Run High School Girls	Finals
3:10 PM	1600 Meter Run High School Boys	Finals
3:25 PM	4x100 Meter Relay High School Girls	Finals
3:35 PM	4x100 Meter Relay High School Boys	Finals

3:45 PM	4x100 Meter Relay College/Open Women	Finals
4:00 PM	4x100 Meter Relay College/Open Men	Finals
4:10 PM	400 Meter Dash High School Girls	Finals
4:15 PM	400 Meter Dash High School Boys	Finals
4:35 PM	300 Meter Hurdles High School Girls	Finals
4:45 PM	300 Meter Hurdles High School Boys	Finals
5:05 PM	800 Meter Run High School Girls	Finals
5:15 PM	800 Meter Run High School Boys	Finals
5:30 PM	4x400 Meter Relay College/Open Women	Finals
5:40 PM	4x400 Meter Relay College/Open Men	Finals
5:50 PM	200 Meter Dash High School Girls	Finals
6:05 PM	200 Meter Dash High School Boys	Finals
6:15 PM	3200 Meter Run High School Girls	Finals
6:30 PM	3200 Meter Run High School Boys	Finals
6:45 PM	4x400 Meter Relay High School Girls	Finals
7:00 PM	4x400 Meter Relay High School Boys	Finals

### **Field Events**

10:00 AM	Javelin Throw College/Open Men	Finals
10:00 AM	Pole Vault College/Open Women	Finals
10:00 AM	Discus Throw College/Open Women	Finals
10:00 AM	Shot Put High School Girls	Finals
10:00 AM	Shot Put High School Boys	Finals
10:00 AM	Long Jump College/Open Women	Finals
10:00 AM	Long Jump College/Open Men	Finals
10:00 AM	High Jump High School Girls	Finals
12:00 PM	Javelin Throw College/Open Women	Finals
12:00 PM	Discus Throw College/Open Men	Finals
12:00 PM	Long Jump High School Girls	Finals
12:00 PM	Long Jump High School Boys	Finals
12:00 PM	High Jump High School Boys	Finals
12:00 PM	Pole Vault College/Open Men	Finals
12:00 PM	Triple Jump College/Open Women	Finals
12:00 PM	Triple Jump College/Open Men	Finals
12:00 PM	Shot Put College/Open Women	Finals
12:00 PM	Shot Put College/Open Men	Finals
1:30 PM	High Jump College/Open Women	Finals
1:30 PM	Discus Throw High School Girls	Finals
2:00 PM	Pole Vault High School Boys	Finals
2:00 PM	Pole Vault High School Girls	Finals
3:30 PM	Triple Jump High School Girls	Finals
3:30 PM	Triple Jump High School Boys	Finals
3:00 PM	High Jump College/Open Men	Finals