

NCHSAA 1A

Track and Field State Championships

Tentative Time Schedule

Date: Friday, May 14, 2010

Place: North Carolina A&T University, Greensboro, NC

Time Schedule for State Meet

8:45 AM – Officials Meeting

9:15 AM – Coaches Meeting

10 AM – Field Events

- Pole Vault- women then men
- High Jump – men then women
- Long Jump – men then women
- Triple Jump – women then men
- Discus – women then men
- Shot Put – men then women

11 AM - Running Events

- 11:00 4X800 Relay Finals – W
- 11:15 4X800 Relay Finals – M

PRELIMS

- 11:30 100 Meter High Hurdles – W
- 11:40 110 Meter High Hurdles – M
- 11:50 100 Meter Dash – W
- 11:55 100 Meter Dash – M
- 12:00 400 Meter Dash – W
- 12:05 400 Meter Dash – M
- 12:15 300 Meter Int. Hurdles – W
- 12:25 300 Meter Int. Hurdles – M
- 12:35 200 Meter Dash – W
- 12:40 200 Meter Dash – M

FINALS

- 1:30 100 Meter High Hurdles – W
- 1:40 110 Meter High Hurdles – M
- 1:45 100 Meter Dash – Women
- 1:50 100 Meter Dash – Men
- 2:00 4X200 Relay – Women
- 2:10 4X200 Relay – M
- 2:20 1600 Meter Run – Women
- 2:30 1600 Meter Run – Men
- 2:40 4X100 Relay - W
- 2:50 4X100 Relay – M
- 2:55 400 Meter Dash – Women
- 3:00 400 Meter Dash – Men
- 3:10 300 Meter Int. Hurdles – Women
- 3:20 300 Meter Int. Hurdles – Men
- 3:25 800 Meter Run – Women
- 3:30 800 Meter Run - Men
- 3:40 200 Meter Dash – Women
- 3:45 200 Meter Dash – Men
- 3:50 3200 Meter Run – Women
- 4:00 3200 Meter Run – Men
- 4:15 4X400 Relay – W
- 4:25 4X400 Relay – M
- 4:45 Awards Ceremony

We will move ahead if the schedule allows; however, we will not move ahead more than 30 minutes. It will be a miracle if we do.