

2010 NDHSAA STATE TRACK & FIELD MEET SCHEDULE

May 28 & 29, 2010 - Bismarck Bowl, Bismarck, ND

FRIDAY

- 9:30 a.m. - PARADE OF ATHLETES
- 10:30 a.m. - 300 Meter Hurdles - Prelims
- 11:15 a.m. - 4 x 200 Meter Relay - Prelims
- 12:15 p.m. - 1600 Meter Run - Final
- 1:15 p.m. - 100 Meter Dash - Prelims
- 2:00 p.m. - 400 Meter Dash - Prelims
- 2:45 p.m. - 110/100 Meter Hurdles - Prelims
- 3:30 p.m. - 200 Meter Dash - Prelims
- 4:15 p.m. - Class A 4 x 800 Meter Relay - Final
- 4:50 p.m. - 4 x 100 Meter Relay - Prelims
- 5:30 p.m. - Class B 4 x 800 Meter Relay - Final

SATURDAY - ALL FINALS

- 8:45 a.m. - National Anthem
- 11:00 a.m. - 300 Meter Hurdles
- 11:30 a.m. - 4 x 200 Meter Relay
- 12:00 Noon - 3200 Meter Run
- 1:00 p.m. - 100 Meter Dash
- 1:30 p.m. - 400 Meter Dash
- 2:00 p.m. - 110/100 Meter Hurdles
- 2:30 p.m. - 200 Meter Dash
- 3:00 p.m. - 800 Meter Run
- 3:30 p.m. - 4 x 100 Meter Relay
- 4:00 p.m. - 4 x 400 Meter Relay

NOTE: Events to be run in this order: B Boys, A Boys, B Girls, A Girls

FIELD EVENTS

FRIDAY

10:30 a.m.

Shot Put - B Girls
Javelin - A Girls
Triple Jump - B Boys
Pole Vault - A Boys

12:30 p.m.

Shot Put - A Boys
Javelin - B Girls
Long Jump - A Girls
High Jump - B Boys

2:30 p.m.

Shot Put - B Boys
Javelin - A Boys
Triple Jump - B Girls
Pole Vault - A Girls

4:30 p.m.

Shot Put - A Girls
Javelin - B Boys
Long Jump - A Boys
High Jump - B Girls

SATURDAY

8:45 a.m.

National Anthem

9:00 a.m.

Long Jump - B Girls
Discus - A Girls

10:00 a.m.

Pole Vault - B Boys

11:00 a.m.

Triple Jump - A Boys
High Jump - A Girls
Discus - B Girls

1:00 p.m.

Long Jump - B Boys
Discus - A Boys

2:00 p.m.

Pole Vault - B Girls

3:00 p.m.

Triple Jump - A Girls
High Jump - A Boys
Discus - B Boys