Section 3AA Track & Field Championships

Macalester College

June 1 and June 3, 2010

Tuesday, June 1

Inspection

12:30-1:30	Shot and Discus
12:30	Pole Vault
1:15	Coaches Meeting National Anthem

FIELD EVENTS

2:00	Triple Jump	Girls	5 Flts + Final
2:00	Long Jump	Boys	5 Flts + Final
2:00	Discus	Boys	5 Flts + Final
2:00	High Jump	Boys	5 Flts + Final
2:00	Pole Vault	Girls	5 Flts + Final
4:30	Shot Put	Girls	5 Flts + Final

RUNNING EVENTS

3:00PM	100 M Hurdles	Girls	5 Prelim Hts
3:20	110 M Hurdles	Boys	5 Prelim Hts
3:35	100 M Dash	Girls	5 Prelim Hts
3:50	100 M Dash	Boys	5 Prelim Hts
4:05	400 M Dash	Girls	5 Prelim Hts
4:20	400 M Dash	Boys	5 Prelim Hts
4:40	300 M Hurdles	Girls	5 Prelim Hts
5:00	300 M Hurdles	Boys	5 Prelim Hts
5:15	800 M Run	Girls	3 Prelim Hts
5:40	800 M Run	Boys	3 Prelim Hts
6:00	200 M Dash	Girls	5 Prelim Hts
6:15	200 M Dash	Boys	5 Prelim Hts
6:30	Awards Presentation		
6:35	3200 M Run	Girls	2 Section Final
7:10	3200 M Run	Boys	2 Section Final

Thursday, June 3

Inspection

1:30-2:30	Shot and Discus
1:30	Pole Vault
2:15	Coaches Meeting National Anthem

FIELD EVENTS

3:00	Triple Jump	Boys	5 Flts + Final
3:00	Long Jump	Girls	5 Flts + Final
3:00	Discus	Girls	5 Flts + Final
3:00	High Jump	Girls	5 Flts + Final
3:00	Pole Vault	Boys	5 Flts + Final
5:30	Shot Put	Boys	5 Flts + Final

RUNNING EVENTS

4:00PM	4x800M Relay	Girls	2 Section Final
4:30	4x800 M Relay	Boys	2 Section Final
5:00	100 M Hurdles	Girls	Final
5:10	110 M Hurdles	Boys	Final
5:20	100 M Dash	Girls	Final
5:25	100 M Dash	Boys	Final
5:35	4x200 M Relay	Girls	2 Section Final
5:50	4x200 M Relay	Boys	2 Section Final
6:05	1600 M Run	Girls	2 Section Final
6:20	1600 M Run	Boys	2 Section Final
6:35	4x100 M Relay	Girls	2 Section Final
6:45	4x100 M Relay	Boys	2 Section Final
6:55	400 M Dash	Girls	Final
7:00	400 M Dash	Boys	Final
7:05	300 M Hurdles	Girls	Final
7:15	300 M Hurdles	Boys	Final
7:25	800 M Run	Girls	Final
7:35	800 M Run	Boys	Final
7:45	200 M Dash	Girls	Final
7:55	200 M Dash	Boys	Final
8:00	Awards Presentation		
8:15	4x400 M Relay	Girls	2 Section Final
8:25	4x400 M Relay	Boys	2 Section Final
8:45	Team Award		