

2011 CLASS 4 SECTIONAL -1 TRACK AND FIELD MEET May 21, 2011

Field Events:

12:00 pm	1:00 pm	2:00 pm	3:00 pm
B Pole Vault	G Long Jump	B High Jump	G Triple Jump
G High Jump	B Triple Jump	B Shot Put	B Long Jump
G Shot Put		G Discus	
B Discus		G Pole Vault	

Running Events:

Time

B 4 x 800 m Relay	12:00
G 4 x 800 m Relay	12:15
B 110 m Hurdles	12:30
G 100 m Hurdles	12:40
B 100 m Dash	12:50
G 100 m Dash	1:00
B 4 x 200 m Relay	1:10
G 4 x 200 m Relay	1:20
B 1600 m Run	1:30
G 1600 m Run	1:40
B 4 x 100 m Relay	1:50
G 4 x 100 m Relay	2:00
B 400 m Dash	2:10
G 400 m Dash	2:20

Officials'/Workers' Breaks

Time

B 300 m Intermediate Hurdles	2:50
G 300 m Low Hurdles	3:00
B 800 m Run	3:10
G 800 m Run	3:20
B 200 m Dash	3:30
G 200 m Dash	3:40
B 3200 m Run	3:50
G 3200 m Run	4:05
B 4 x 400 m Relay	4:20
G 4 x 400 m Relay	4:30