

Westside Invitational 2010

Time Schedule

Saturday, April 17 2009

9:00 Coaches Meeting

9:30 Field Event Finals

Shot Put Girls
Discus Boys
High Jump Boys
Long Jump Girls
Pole Vault Girls
Triple Jump Boys

Triple Jump follows Long Jump

2:00 Field Event Finals

(or after 9:30 event)

Shot Put Boys
Discus Girls
High Jump Girls
Long Jump Boys
Pole Vault Boys
Triple Jump Girls

10:30 Running Events

3200 Meter Run – 2 heats - Boys
2 heats - Girls

110 Hurdles (8 Heats prelims) Boys
100 Hurdles (8 Heats prelims) Girls
100 Dash Boys Prelim Heats
100 Dash Girls Prelim Heats

1600 Meter Run – Boys Final (3 heats)

400 Dash Boys Prelim Heats
400 Dash Girls Prelim Heats
300 Intermediate Hurdles - Boys Prelim Heats
300 Low Hurdles- Girls Prelim Heats

3200 Meter Run – Girls Final

200 Dash Boys Prelim Heats
200 Dash Girls Prelim Heats

5:00 National Anthem

5:05 Running Events

4 X 800 Relay – Boys Final

4 X 800 Relay – Girls Final

110 High Hurdles – Boys Final

100 Hurdles – Girls Final

100 Meter – Boys Final

100 Meter – Girls Final

1600 Meter Girls (3 heats)

4 X 100 Relay Boys Final

4 X 100 Relay Girls Final

400 Meter Boys

400 Meter Girls

300 Hurdles Boys

300 Hurdles Girls

800 Meter Boys (3 heats)

800 Meter Girls (3 heats)

200 Meter Boys

200 Meter Girls

3200 Meter Boys

4X400 Boys

4X400 Girls

Awards