

2010 CIF State Track and Field Championships Schedule of Events

TRACK QUALIFYING (FRIDAY)

5:00	Girls' 400m Relay	(Heat #1)	7:20	Boys' 100m Dash	(Heat #1)
5:06		(Heat #2)	7:25		(Heat #2)
5:12		(Heat #3)	7:30		(Heat #3)
5:17	Boys' 400m Relay	(Heat #1)	7:34	Girls' 800m Run	(Heat #1)
5:22		(Heat #2)	7:39		(Heat #2)
5:27		(Heat #3)	7:44		(Heat #3)
5:32	Girls' 1600m Run	(Heat #1)	7:49	Boys' 800m Run	(Heat #1)
5:40		(Heat #2)	7:54		(Heat #2)
			7:59		(Heat #3)
5:48	Boys' 1600m Run	(Heat #1)	8:05	Girls' 300m LH	(Heat #1)
5:56		(Heat #2)	8:10		(Heat #2)
			8:15		(Heat #3)
6:02	Girls' 100m HH	(Heat #1)	8:20	Boys' 300m IH	(Heat #1)
6:07		(Heat #2)	8:25		(Heat #2)
6:12		(Heat #3)	8:30		(Heat #3)
6:19	Boys' 110m HH	(Heat #1)	8:35	Girls' 200m Dash	(Heat #1)
6:23		(Heat #2)	8:40		(Heat #2)
6:27		(Heat #3)	8:45		(Heat #3)
6:33	Girls' 400m Dash	(Heat #1)	8:50	Boys' 200m Dash	(Heat #1)
6:38		(Heat #2)	8:55		(Heat #2)
6:43		(Heat #3)	9:00		(Heat #3)
6:49	Boys' 400m Dash	(Heat #1)	9:20	Girls' 1600m Relay	(Heat #1)
6:54		(Heat #2)	9:27		(Heat #2)
6:59		(Heat #3)	9:34		(Heat #3)
7:05	Girls' 100m Dash	(Heat #1)	9:39	Boys' 1600m Relay	(Heat #1)
7:10		(Heat #2)	9:45		(Heat #2)
7:15		(Heat #3)	9:51		(Heat #3)

FIELD EVENT QUALIFYING (FRIDAY)

<u>EVENT</u>	<u>REPORTING TIME*</u>	<u>STARTING TIME</u>
	(Report to Field Event Clerk of Course)	
Girls' Discus	1:45 p.m.	3:00 p.m.
Boys' Shot Put	1:45 p.m.	3:00 p.m.
Girls' Long Jump	1:45 p.m.	3:00 p.m.
Boys' Triple Jump	1:45 p.m.	3:00 p.m.
Girls' High Jump	2:45 p.m.	4:00 p.m.
Boys' Discus	4:30 p.m.	5:30 p.m.
Girls' Shot Put	4:30 p.m.	5:30 p.m.
Boys' Pole Vault	4:30 p.m.	6:00 p.m.
Girls' Pole Vault	4:30 p.m.	6:00 p.m.
Boys' Long Jump	5:00 p.m.	6:00 p.m.
Girls' Triple Jump	5:00 p.m.	6:00 p.m.
Boys' High Jump	5:30 p.m.	6:30 p.m.

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TRACK CHAMPIONSHIPS (SATURDAY)

6:00	Girls' 400m Relay	7:50	Girls' 800m Run
6:10	Boys' 400m Relay	8:00	Boys' 800m Run
6:21	Girls' 1600m Run	8:12	Girls' 300m LH
6:32	Boys' 1600m Run	8:22	Boys' 300m IH
6:49	Girls' 110m High Hurdles	8:30	Girls' 200m Dash
7:00	Boys' 100m High Hurdles	8:38	Boys' 200m Dash
7:11	Girls' 400m Dash	8:46	Girls' 3200m Run
7:20	Boys' 400m Dash	9:03	Boys' 3200m Run
7:31	Girls' 100m Dash	9:28	Girls' 1600m Relay
7:40	Boys' 100m Dash	9:38	Boys' 1600m Relay

FIELD EVENT CHAMPIONSHIPS (SATURDAY)

EVENT	REPORTING TIME* (Report to Field Event Clerk of Course)	STARTING TIME
Girls' Discus	3:30 p.m.	4:30 p.m.
Boys' Shot Put	3:30 p.m.	4:30 p.m.
Girls' High Jump	4:00 p.m.	5:00 p.m.
Girls' Long Jump	4:00 p.m.	5:00 p.m.
Boys' Triple Jump	4:00 p.m.	5:00 p.m.
Girls' Pole Vault	4:15 p.m.	5:15 p.m.
Girls' Shot Put	5:30 p.m.	6:30 p.m.
Boys' Discus	5:30 p.m.	6:30 p.m.
Boys' High Jump	6:00 p.m.	7:00 p.m.
Boys' Long Jump	6:00 p.m.	7:00 p.m.
Girls' Triple Jump	6:00 p.m.	7:00 p.m.
Boys' Pole Vault	6:15 p.m.	7:15 p.m.