

## 2010 Sac-Joaquin Section Masters Track and Field Trials Schedule

### FIELD EVENT SCHEDULE – Thursday, May 27, 2010

Field Event	Reporting Time	Scratch Time	Starting Time
Boys's High Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girl's Pole Vault	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girl's Triple Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girl's Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boy's Shot Put	4:00 p.m.	4:45 p.m.	5:00 p.m.
Boy's Triple Jump	4:00 p.m.	4:45 p.m.	5:00 p.m.

*All of the above field events will conduct trials and finals on May 27*

### RUNNING EVENT SCHEDULE – Thursday, May 27, 2010

Track Events	Scratch Time	Event Time	Track Events	Scratch Time	Event Time
Boy's 4 x 100 Relay - Heat 1	3:45	4:00	Boy's 800 M - Heat 1	5:30	5:45
Boy's 4 x 100 Relay - Heat 2	3:45	4:04	Boy's 800 M - Heat 2	5:30	5:50
Boy's 4 x 100 Relay - Heat 3	3:45	4:08	Boy's 800 M - Heat 3	5:30	5:55
Girl's 4 x 100 Relay - Heat 1	3:57	4:12	Girl's 800 M - Heat 1	5:45	6:00
Girl's 4 x 100 Relay - Heat 2	3:57	4:16	Girl's 800 M - Heat 2	5:45	6:05
Girl's 4 x 100 Relay - Heat 3	3:57	4:20	Girl's 800 M - Heat 3	5:45	6:10
Boy's 110 M HH - Heat 1	4:10	4:25	Boy's 300 M LH - Heat 1	6:00	6:15
Boy's 110 M HH - Heat 2	4:10	4:30	Boy's 300 M LH - Heat 2	6:00	6:19
Boy's 110 M HH - Heat 3	4:10	4:35	Boy's 300 M LH - Heat 3	6:00	6:23
Girl's 100 M HH - Heat 1	4:25	4:40	Girl's 300 M LH - Heat 1	6:12	6:27
Girl's 100 M HH - Heat 2	4:25	4:45	Girl's 300 M LH - Heat 2	6:12	6:31
Girl's 100 M HH - Heat 3	4:25	4:50	Girl's 300 M LH - Heat 3	6:12	6:35
Boy's 400 M - Heat 1	4:40	4:55	Boy's 200 M - Heat 1	6:25	6:40
Boy's 400 M - Heat 2	4:40	4:59	Boy's 200 M - Heat 2	6:25	6:44
Boy's 400 M - Heat 3	4:40	5:04	Boy's 200 M - Heat 3	6:25	6:48
Girl's 400 M - Heat 1	5:53	5:08	Girl's 200 M - Heat 1	6:37	6:52
Girl's 400 M - Heat 2	5:53	5:12	Girl's 200 M - Heat 2	6:37	6:56
Girl's 400 M - Heat 3	5:53	5:16	Girl's 200 M - Heat 3	6:37	7:00
Boy's 100 M - Heat 1	5:05	5:20	Boy's 4 x 400 Relay - Heat 1	7:05	7:20
Boy's 100 M - Heat 2	5:05	5:24	Boy's 4 x 400 Relay - Heat 2	7:05	7:28
Boy's 100 M - Heat 3	5:05	5:28	Boy's 4 x 400 Relay - Heat 3	7:05	7:36
Girl's 100 M - Heat 1	5:17	5:32	Girl's 4 x 400 Relay - Heat 1	7:29	7:44
Girl's 100 M - Heat 2	5:17	5:36	Girl's 4 x 400 Relay - Heat 2	7:29	7:52
Girl's 100 M - Heat 3	5:17	5:40	Girl's 4 x 400 Relay - Heat 3	7:29	8:00

## 2010 Sac-Joaquin Section Masters Track and Field Finals Schedule

### FIELD EVENT SCHEDULE—Friday, May 28, 2010

Field Event	Reporting Time	Scratch Time	Starting Time
Girl's High Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boy's Pole Vault	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boy's Long Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boy's Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girl's Shot Put	4:00 p.m.	4:45 p.m.	5:00 p.m.
Girl's Long Jump	4:00 p.m.	4:45 p.m.	5:00 p.m.

*All of the above field events will conduct trials and finals on May 28*

### RUNNING EVENT SCHEDULE – Friday, May 28, 2010

Track Events	Scratch Time	Event Time	Track Events	Scratch Time	Event Time
Boy's 4 x 100 Relay	5:45	6:00	Boy's 800 M	7:19	7:34
Girl's 4 x 100 Relay	5:53	6:08	Girl's 800 M	7:27	7:42
Boy's 1600 M	6:04	6:19	Boy's 300 M LH	7:38	7:53
Girl's 1600 M	6:13	6:28	Girl's 300 M LH	7:45	8:00
Boy's 110 M HH	6:29	6:44	Boy's 200 M	7:55	8:10
Girl's 100 M HH	6:39	6:54	Girl's 200 M	8:02	8:17
Boy's 400 M	6:49	7:04	Boy's 3200 M	8:10	8:25
Girl's 400 M	6:56	7:11	Girl's 3200 M	8:27	8:42
Boy's 100 M	7:04	7:19	Boy's 4 x 400 Relay	8:45	9:00
Girl's 100 M	7:10	7:25	Girl's 4 x 400 Relay	8:55	9:10