

# 2010 MILK High School Track & Field Schedule

Thursday, June 10

## Track Events

2:00 pm	400 m	Heats	JR Girls
2:20 pm	400 m	Heats	SR Girls
2:40 pm	400 m	Heats	JR Boys
3:00 pm	400 m	Heats	SR Boys
3:30 pm	1500 m	Timed Final	JR Girls
3:50 pm	1500 m	Timed Final	SR Girls
4:10 pm	1500 m	Timed Final	JR Boys
4:30 pm	1500 m	Timed Final	SR Boys
5:00 pm	<b>Awards Presentation (1500m)</b>		
5:10 pm	100 m	Heats	JR Girls
5:30 pm	100 m	Heats	SR Girls
5:50 pm	100 m	Heats	JR Boys
6:10 pm	100 m	Heats	SR Boys
6:30 pm	Medley Relay	Timed Final	JR Girls
6:50 pm	Medley Relay	Timed Final	SR Girls
7:10 pm	Medley Relay	Timed Final	JR Boys
7:30 pm	Medley Relay	Timed Final	SR Boys
8:00 pm	<b>Awards Presentation (medley relay)</b>		

## Field Events

2:00 pm	High Jump	Qualifying	JR Girls
2:00 pm	Shot Put	Qualifying	JR Boys
2:00 pm	Javelin	Qualifying	SR Girls
2:00 pm	Long Jump	Qualifying	SR Boys
3:30 pm	Long Jump	Qualifying	JR Girls
3:30 pm	High Jump	Qualifying	JR Boys
3:30 pm	Shot Put	Qualifying	SR Girls
3:30 pm	Javelin	Qualifying	SR Boys
5:00 pm	Javelin	Qualifying	JR Girls
5:00 pm	Long Jump	Qualifying	JR Boys
5:00 pm	High Jump	Qualifying	SR Girls
5:00 pm	Shot Put	Qualifying	SR Boys
6:30 pm	Shot Put	Qualifying	JR Girls
6:30 pm	Javelin	Qualifying	JR Boys
6:30 pm	Long Jump	Qualifying	SR Girls
6:30 pm	High Jump	Qualifying	SR Boys

## Friday, June 11

### Track Events (\* = if required)

10:00 am	100 m	Semi-final *	JR Girls
10:10 am	100 m	Semi-final *	SR Girls
10:20 am	100 m	Semi-final *	JR Boys
10:30 am	100 m	Semi-final *	SR Boys
10:45 am	800 m	Heats	JR Girls
11:05 am	800 m	Heats	SR Girls
11:25 am	800 m	Heats	JR Boys
11:45 am	800 m	Heats	SR Boys
12:00 pm	100 m	Final	JR Girls
12:05 pm	100 m	Final	SR Girls
12:10 pm	100 m	Final	JR Boys
12:15 pm	100 m	Final	SR Boys
12:30 pm	<b>Awards Presentation (100 m)</b>		
1:00 pm	80 m hurdles	Heats	JR Girls
1:20 pm	80 m hurdles	Heats	SR Girls
1:40 pm	100 m hurdles	Heats	JR Boys
2:00 pm	100 m hurdles	Heats	SR Boys
2:20 pm	200 m	Heats	JR Girls
2:40 pm	200 m	Heats	SR Girls
3:00 pm	200 m	Heats	JR Boys
3:20 pm	200 m	Heats	SR Boys
3:45 pm	100 m	Multi Event	JR Girls
3:50 pm	100 m	Multi Event	SR Girls
3:55 pm	100 m	Multi Event	JR Boys
4:00 pm	100 m	Multi Event	SR Boys
4:15 pm	4 x 100 m	Heats	JR Girls
4:35 pm	4 x 100 m	Heats	SR Girls
4:55 pm	4 x 100 m	Heats	JR Boys
5:15 pm	4 x 100 m	Heats	SR Boys
5:45 pm	<b>Awards Presentation (3:30 &amp; 4:30 Field Events)</b>		
6:00 pm	4 x 400 m	Timed Final	JR Girls
6:20 pm	4 x 400 m	Timed Final	SR Girls
6:40 pm	4 x 400 m	Timed Final	JR Boys
7:00 pm	4 x 400 m	Timed Final	SR Boys
7:45 pm	<b>Awards Presentation (5:30 &amp; 6:30 Field Events, 4 x 400 m)</b>		

## Friday, June 11

### Field Events

9:30 am	Shot Put	Multi Event	JR Boys
9:30 am	Triple Jump	Qualifying	JR Girls
9:30 am	Discus	Qualifying	SR Boys
11:00 am	Shot Put	Multi Event	SR Girls
11:00 am	Triple Jump	Qualifying	JR Boys
11:00 am	Discus	Qualifying	JR Boys
12:30 am	Shot Put	Multi Event	SR Boys
12:30 am	Triple Jump	Qualifying	SR Boys
12:30 am	Discus	Qualifying	JR Girls
2:00 pm	Shot Put	Multi event	JR Girls
2:00 pm	Triple Jump	Qualifying	SR Girls
2:00pm	Discus	Qualifying	SR Girls
3:30 pm	High Jump	Final	JR Girls
3:30 pm	Shot Put	Final	JR Boys
3:30 pm	Javelin	Final	SR Girls
3:30 pm	Long Jump	Final	SR Boys
4:30 pm	Long Jump	Final	JR Girls
4:30 pm	High Jump	Final	JR Boys
4:30 pm	Shot Put	Final	SR Girls
4:30 pm	Javelin	Final	SR Boys
5:30 pm	Javelin	Final	JR Girls
5:30 pm	Long Jump	Final	JR Boys
5:30 pm	High Jump	Final	SR Girls
5:30 pm	Shot Put	Final	SR Boys
6:30 pm	Shot Put	Final	JR Girls
6:30 pm	Javelin	Final	JR Boys
6:30 pm	Long Jump	Final	SR Girls
6:30 pm	High Jump	Final	SR Boys

## Saturday, June 12

### Track Events (\* = if required)

9:30 am	400 m	Final	JR Girls
9:35 am	400 m	Final	SR Girls
9:40 am	400 m	Final	JR Boys
9:45 am	400 m	Final	SR Boys

9:55 am	3000 m	Timed Final	JR Girls
10:15 am	3000 m	Timed Final	SR Girls
10:35 am	3000 m	Timed Final	JR Boys
10:55 am	3000 m	Timed Final	SR Boys

11:30 pm **Awards Presentation**  
(400 m, 3000 m, 9:30 am Field Events)

11:45 am	200 m	Semi-final *	JR Girls
11:50 am	200 m	Semi-final *	SR Girls
11:55 am	200 m	Semi-final *	JR Boys
12:00 pm	200 m	Semi-final *	SR Boys

12:15 pm	80 m hurdles	Final	JR Girls
12:20 pm	80 m hurdles	Final	SR Girls
12:25 pm	100 m hurdles	Final	JR Boys
12:30 pm	100 m hurdles	Final	SR Boys

12:45 pm	800 m	Final	JR Girls
12:50 pm	800 m	Final	SR Girls
12:55 pm	800 m	Final	JR Boys
1:00 pm	800 m	Final	SR Boys

1:15 pm **Awards Presentation**  
(Hurdles, 800 m, 10:30 & 11:30 am Field Events)

1:30 pm	200 m	Final	JR Girls
1:35 pm	200 m	Final	SR Girls
1:40 pm	200 m	Final	JR Boys
1:45 pm	200 m	Final	SR Boys

1:55 pm	800 m	Multi Event	JR Girls
2:00 pm	800 m	Multi Event	SR Girls
2:05 pm	800 m	Multi Event	JR Boys
2:10 pm	800 m	Multi Event	SR Boys

2:20pm	4 x 100 m	Final	JR Girls
2:25 pm	4 x 100 m	Final	SR Girls
2:30 pm	4 x 100 m	Final	JR Boys
2:35 pm	4 x 100 m	Final	SR Boys

2:45 pm **Awards Presentation**  
(200 m, Multi Event, 4 x 100 m, & 12:30 pm Field Events, Team Banners)

## Saturday, June 12

### Field Events

9:30 am	Long Jump	Multi Event	JR Girls
9:30 am	Triple Jump	Final	SR Girls
9:30 am	Discus	Final	SR Boys
10:30 am	Long Jump	Multi Event	JR Boys
10:30 am	Triple Jump	Final	SR Boys
10:30 am	Discus	Final	JR Girls
11:30 am	Long Jump	Multi Event	SR Girl
11:30 am	Triple Jump	Final	JR Girls
11:30 am	Discus	Final	JR Boys
12:30 pm	Long Jump	Multi event	SR Boys
12:30 pm	Triple Jump	Final	JR Boys
12:30pm	Discus	Final	SR Girls