

Region VI High School Track -- 2010 Season						
Region VI All Schools Meet #5 -- Lathrop HS Track -- Saturday, May 8, 2010						
Time	Event	Description	Sex	First Call	Second Call	Final Call
9:00	Field Events Begin - FLJ & MLJ both start at 9:00AM -- Two Runways!!!					
10:30	Coaches' Scratch Meeting Begins					
10:10	Attended by Meet Dir, Clerk, Ass't Starter					
10:15						
10:20						
10:25					Competitors should check in with the clerk and get their stickers as soon as first call for their events. Instructions will be given to competitors at final call.	
10:30	Timers and Officials Arrive and					
10:35	Assume Stations					
10:40	Test Hand & Photo-Timing Equipmt; PA					
10:45	Coaches' Scratch Meeting Ends					
10:50				Girls' 4 x 800m		
10:55					Girls' 4 x 800m	
11:00	4 x 800m	Finals	relay	F	Boys' 4 x 800m	
11:05			<i>competition</i>			Boys' 4 x 800m
11:10			<i>break</i>			Boys' 4 x 800m
11:15	4 x 800m	Finals	relay	M	Girls' 100m HH	
11:20			<i>break</i>			Girls' 100m HH
11:25	hurdle setup <i>ADMIN</i>					
11:30	100m HH	Heat 1	individual	F	Boys' 110m HH	
11:35	100m HH	Heat 2	individual	F		Boys' 110m HH
11:40	hurdle reset <i>ADMIN</i>					
11:45	110m HH	Heat 1	individual	M		
11:50	110m HH	Heat 2	individual	M	Girls' 100m	
11:55	110m HH	Heat 3	individual	M		Girls' 100m
12:00	hurdle takedown <i>ADMIN</i>					
12:05	100m	Heat 1	individual	F		
12:10	100m	Heat 2	individual	F	Boys' 100m	
12:15	100m	Heat 3	individual	F		Boys' 100m
12:20	100m	Heat 4	individual	F		Boys' 100m
12:25	100m	Heat 1	individual	M		
12:30	100m	Heat 2	individual	M		
12:35	100m	Heat 3	individual	M		
12:40	100m	Heat 4	individual	M	Girls' 4 x 200m	
12:45	100m	Heat 5	individual	M		Girls' 4 x 200m
12:50	exchange setup <i>ADMIN</i>					
12:55	4 x 200m	Heat 1	relay	F	Boys' 4 x 200m	
13:00	4 x 200m	Heat 2	relay	F		Boys' 4 x 200m
13:05	exchange setup <i>ADMIN</i>					
13:10	4 x 200m	Heat 1	relay	M		Girls' 1600m
13:15	4 x 200m	Heat 2	relay	M	Boys' 1600m	Girls' 1600m

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13:20	1600m	Finals	individual	F		Boys' 1600m	
13:25			<i>break</i>		Boys' 1600m		Boys' 1600m
13:30	1600m	Heat 1	individual	M		Boys' 1600m	
13:35			<i>break</i>		Girls' 4 x 100m		Boys' 1600m
13:40	1600m	Heat 2	individual	M		Girls' 4 x 100m	
13:45	exchange setup		<i>ADMIN</i>				Girls' 4 x 100m
13:50	4 x 100m	Heat 1	relay	F	Boys' 4 x 100m		
13:55	4 x 100m	Heat 2	relay	F		Boys' 4 x 100m	
14:00	exchange setup		<i>ADMIN</i>		Girls' 400m		Boys' 4 x 100m
14:05	4 x 100m	Heat 1	relay	M		Girls' 400m	
14:10	4 x 100m	Heat 2	relay	M			Girls' 400m
14:15	400m	Heat 1	individual	F	Boys' 400m		
14:20	400m	Heat 2	individual	F		Boys' 400m	
14:25	400m	Heat 3	individual	F			Boys' 400m
14:30	400m	Heat 1	individual	M			
14:35	400m	Heat 2	individual	M			
14:40	400m	Heat 3	individual	M	Girls' 300m IH		
14:45	400m	Heat 4	individual	M		Girls' 300m IH	
14:50	hurdle setup		<i>ADMIN</i>				Girls' 300m IH
14:55	300m IH	Heat 1	individual	F	Boys' 300m IH		
15:00	300m IH	Heat 2	individual	F		Boys' 300m IH	
15:05	hurdle reset		<i>ADMIN</i>				Boys' 300m IH
15:10	300m IH	Heat 1	individual	M			
15:15	300m IH	Heat 2	individual	M	Girls' 800m		
15:20	300m IH	Heat 3	individual	M		Girls' 800m	
15:25	hurdle takedown		<i>ADMIN</i>		Boys' 800m		Girls' 800m
15:30	800m	Heat 1	individual	F		Boys' 800m	
15:35	800m	Heat 2	individual	F			Boys' 800m
15:40	800m	Heat 1	individual	M			
15:45	800m	Heat 2	individual	M	Girls' 200m		
15:50	800m	Heat 3	individual	M		Girls' 200m	
15:55			<i>break</i>				Girls' 200m
16:00	200m	Heat 1	individual	F	Boys' 200m		
16:05	200m	Heat 2	individual	F		Boys' 200m	
16:10	200m	Heat 3	individual	F			Boys' 200m
16:15	200m	Heat 1	individual	M			
16:20	200m	Heat 2	individual	M			
16:25	200m	Heat 3	individual	M			
16:30	200m	Heat 4	individual	M	Girls' 4 x 400m		
16:35	200m	Heat 5	individual	M		Girls' 4 x 400m	
16:40			<i>break</i>		Boys' 4 x 400m		Girls' 4 x 400m
16:45	4 x 400m	Finals	relay	F		Boys' 4 x 400m	
16:50			<i>break</i>				Boys' 4 x 400m
16:55	4 x 400m	Finals	relay	M			