

SUNFLOWER LEAGUE TRACK AND FIELD CHAMPIONSHIPS

HOSTED BY LAWRENCE FREE STATE

FRIDAY, MAY 14, 2010

1:00 – GIRLS DISCUS – BOYS FOLLOW (SOUTHWEST JR HIGH)

PRELIMINARIES (3:00)

3:00 – GIRLS 100 HIGH HURDLES

3:15 – BOYS 110 HIGH HURDLES

3:30 – GIRLS 100

3:45 – BOYS 100

4:00 – GIRLS 200

4:15 – BOYS 200

FIELD EVENTS (3:00)

GIRLS POLE VAULT – BOYS FOLLOW

GIRLS JAVELIN – BOYS FOLLOW

BOYS LONG JUMP – GIRLS FOLLOW

GIRLS TRIPLE JUMP – BOYS FOLLOW

GIRLS HIGH JUMP – BOYS FOLLOW

6:00 BOYS SHOT PUT – GIRLS FOLLOW

FINALS – START AT 5:30

WE WILL MAKE EVERY ATTEMPT TO KEEP ON THE SCHEDULE

5:30 – GIRLS 4X800 RELAY

5:45 – BOYS 4X800 RELAY

6:00 – GIRLS 100 HURDLES

6:05 – BOYS 110 HURDLES

6:10 – GIRLS 100

6:15 – BOYS 100

6:20 – MERLIN GISH SCHOLARSHIP ANNOUNCEMENT

6:30 – GIRLS 1600

6:45 – BOYS 1600

7:00 – GIRLS 4X100 RELAY

7:05 – BOYS 4X100 RELAY

7:10 – GIRLS 400

7:20 – BOYS 400

7:35 – GIRLS 300 LOW HURDLES

7:50 – BOYS 300 INT. HURDLES

8:00 – GIRLS 800

8:10 – BOYS 800

8:20 – GIRLS MEDLEY RELAY

8:35 – BOYS MEDLEY RELAY

8:50 – GIRLS 200

8:55 – BOYS 200

9:00 – GIRLS 3200

9:15 – BOYS 3200

9:30 – GIRLS 4X400 RELAY

9:50 – BOYS 4X400 RELAY

TIME SCHEDULE WILL BE ADJUSTED IF NEEDED AFTER ENTRIES HAVE BEEN SUBMITTED.

MEDLEY RELAY ORDER WILL BE 200-200-400-800

ONE SECTION OF 4X800 RELAY

**RELAYS – 8 OR LESS TEAMS – ONE SECTION; MORE THAN 8 – TWO SECTIONS;
FIRST SECTION WILL HAVE A MINIMUM OF THREE TEAMS; SECOND WILL BE
REMAINING TEAMS**