

# 2010 KASSAA TRACK & FIELD CHAMPIONSHIP

THURSDAY MAY 13<sup>TH</sup>, 2010

## TRACK EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>TYPE</u>	<u>ORDER</u>
8:30	1500m Steeplechase	Final	OG
	2000m Steeplechase	Final	OB
8:50	100m	Heats	SG, SB, JG, JB, MG, MB
9:40	400m	Timed Finals	MG, MB, JG, SG, JB, SB
10:30	80/100/110m Hurdles	Heats/Finals	MG, JG, SG, MB, JB, SB
11:00	1500m	Timed Finals	MG, MB, JG, JB, SG, SB, BM, WM
12:00	100m	Finals	MG, MB, JG, JB, SG, SB, AF, AM
12:30	300/400m Hurdles	Timed Finals	MG, JG, SG, MB, JB, SB
1:30	200m	Heats	MG, MB, JG, JB, SG, SB
2:15	800m	Timed Finals	MG, MB, JG, JB, SG, SB, BF, WF
3:00	200m	Finals	MG, MB, JG, JB, SG, SB
3:30	3000m	Final	MG/JG, MB/JB
4:00	4 x 100m Relays	Timed Finals	SG, SB, JG, JB, MG, MB
4:30	3000m	Final	SG, SB
5:00	4 x 400m Relays	Timed Finals	OG, OB

## FIELD EVENTS

<u>TIME</u>	<u>MIDGET GIRLS</u>	<u>JUNIOR GIRLS</u>	<u>SENIOR GIRLS</u>	<u>MIDGET BOYS</u>	<u>JUNIOR BOYS</u>	<u>SENIOR BOYS</u>
9:00	Long Jump	Triple Jump	High Jump	Shot Put	Discus	Javelin
10:15	Shot Put	Discus	Javelin	Long Jump	Triple Jump	High Jump
11:30	High Jump	Long Jump	Triple Jump	Javelin	Shot Put	Discus
12:45	Javelin	Shot Put	Discus	High Jump	Long Jump	Triple Jump
2:00	Triple Jump	High Jump	Long Jump	Discus	Javelin	Shot Put
3:15	Discus	Javelin	Shot Put	Triple Jump	High Jump	Long Jump