



Alabama Independent School Association

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AISA BOYS' AND GIRLS' STATE TRACK MEET DAY 1 – APRIL 21, 2010

Order of Events:

Wednesday, April 21, 2010 10:30 a.m. - Scratch Meet at Track
12:00 p.m. - Preliminaries (Field Events)
Preliminaries (Track Events) - Follow

Some events may be omitted in the preliminaries if we do not have enough competitors for preliminary heats or for any other reason ruled by the Rules Committee.

800 M Relay (Girls)

800 M Relay (Boys)

3200 M Relay (Girls)

3200 M Relay (Boys)

400 M Relay (Girls)

400 M Relay (Boys)

100 M Low Hurdle (Girls)

110 M High Hurdle (Boys)

100 M Dash (Girls)

100 M Dash (Boys)

1600 M Run (Girls) (finals on Thursday)

1600 M Run (Boys) (finals on Wednesday)

400 M Dash (Girls)

400 M Dash (Boys)

300 M IH (Girls)

300 M IH (Boys)

800 M Run (Girls)

800 M Run (Boys)

200 M Dash (Girls)

200 M Dash (Boys)

3200 M Run (Girls) (finals on Wednesday)

3200 M Run (Boys) (finals on Thursday)

1600 M Relay (Girls)

1600 M Relay (Boys)

Field Events

(Girls)

* Shot

* Discus

High Jump (Finals on Wednesday)

Long Jump

Triple Jump

* Girls will use Junior High shot and discus.

Field Events

(Boys)

Shot

Discus

High Jump (Finals on Wednesday)

Long Jump

Triple Jump

Scratch Meet for Thursday Finals

Thursday, April 22, 2010 12:00 p.m. - Finals (Field Events)
(Track finals follow)

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