

2010 WINDSOR COED INVITATIONAL TRACK MEET
WINDSOR HIGH SCHOOL
APRIL 3, 2010

8:15 to 8:40 AM COACHES MEETING (located in the school cafeteria, which is on the far west side of our school campus)

All running event scratches will be done at this meeting, there will be **NO ADDITIONS** at this meeting. Field event scratches will be done at this meeting also.

Finals for sprinting events and hurdles will be determined after heat seeding.

In field events, 9 will qualify for the finals.

The finals will follow immediately after preliminaries in field events.

8:30 AM **Weigh in** for Shot/Discus, Pole Vault in Building West of the track

9:00 AM **FIELD EVENTS**
DISCUS (GIRLS)
TRIPLE JUMP (GIRLS)
HIGH JUMP (GIRLS)
SHOT PUT (BOYS)
LONG JUMP (BOYS)
POLE VUALT (GIRLS THEN BOYS)

9:00 AM **RUNNING EVENTS**
100/110 METER HURDLES (PRELIMS: GIRLS/BOYS)
100 METER DASH (PRELIMS: GIRLS/BOYS)
3200 METER RELAY (FINALS: GIRLS/BOYS)
200 METER DASH (PRELIMS: GIRLS/BOYS)

BREAK

12:30 PM **FIELD EVENTS**
SHOT PUT (GIRLS)
LONG JUMP (GIRLS)
DISCUS (BOYS)
TRIPLE JUMP (BOYS)
HIGH JUMP (BOYS)

12:45 PM **RUNNING EVENTS (GIRLS/BOYS)**
800 METER MEDLEY RELAY FINALS
100/110 METER HURDLES FINALS
100 METER DASH FINALS
800 METER RELAY FINALS
1600 METER RUN FINALS
400 METER RELAY FINALS
400 METER DASH FINALS
300 METER HURDLES FINALS
800 METER RUN FINALS
200 METER DASH FINALS
3200 METER RUN FINALS
1600 METER RELAY FINALS