

# 2010 Michigan Lutheran State Track Meet

## Order of Events

### HIGH JUMP

8:00 - 8:45    **ALL High Jump** Practice

8:45 - 9:00    **BOYS High Jump** Practice

East Pit                      West Pit

                  9:00    4-6 Boys                      7-8 Boys

9:45-10:00    **GIRLS High Jump** Practice

East Pit                      West Pit

                  10:00    4-6 Girls                      7-8 Girls

### LONG JUMP

8:00 - 8:45    **ALL Long Jump** Practice

8:45 - 9:00    **GIRLS Long Jump** Practice

                  9:00    **4-6 Girls** Competition

                  9:30    **7-8 Girls** Competition

10:00 - 10:15    **BOYS Long Jump** Practice

                  10:15    **4-6 Boys** Competition

                  10:45    **7-8 Boys** Competition

### SHOT PUT

8:00 – 8:45    **ALL Shot Put** Practice

8:45 – 9:00    **7-8 Boys & Girls** Practice

                  9:00    **7-8 Girls**

                  9:30    **7-8 Boys**

10:00–10:15    **4-6 Boys & Girls** Practice

                  10:15    **4-6 Girls**

                  10:45    **4-6 Boys**

### **RUNNING EVENTS:**

will begin approximately 11:15  
in the following order

100 Meter Prelims  
4x200 Meter Relay  
1600 Meter Run  
100 Meter Finals  
400 Meter Dash  
200 Meter Dash  
800 Meter Run  
4x100 Meter Relay  
4x400 Meter Relay

The race order of each running event will be as follows:  
**4-6 Boys, 4-6 Girls, 7-8 Boys, 7-8 Girls**

Medals will be presented following each event to the top **EIGHT** finishers.

<b>Field Event Awards:</b>	10:00 a.m.    A Girls Shot Put	⋮	10:45 a.m.    B Girls Shot Put
	A Boys Shot Put		B Boys Shot Put
	10:10 a.m.    B Boys High Jump		10:55 a.m.    B Girls High Jump
	A Boys High Jump		A Girls High Jump
	10:20 a.m.    B Girls Long Jump		11:05 a.m.    B Boys Long Jump
	A Girls Long Jump		A Boys Long Jump

**Running Event** medals will be awarded following each event throughout the day.