

EASTERN STATES SCHEDULE OF EVENTS

The Armory, New York City, Tuesday February 23, 2010

Event	boys	girls
<u>running</u>		
55 hurdle trials	4:30	4:40pm
55 hurdle semis	4:50	5:00
55 dash trials	5:10	5:15
55 dash semis	5:20	5:25
200 trials	5:30	5:45
Distance Medley	6:00	6:15
55 hurdle final	6:35	6:30
55 dash final	6:40	6:45
Opening Ceremonies	6:50	
4X200 trials	6:55	7:05
4X800	7:15	7:35
4X200 final	7:55	8:00
2 mile run	8:05	8:25
200 dash - final	8:40	8:45
800 run - final	8:50	9:00
400 dash - final	9:10	9:20
1 mile run	9:30	9:40
4X400 relay	9:50	10:00

field

High Jump	7:00 (2 pits)	7:00
Pole Vault	4:30	(After Boys)
Shot Put	7:00	5:00
Triple Jump	7:00	5:00
Long Jump	5:00	7:00

The meet may run up to 20 minutes ahead of schedule.

55 dash & hurdle athletes must be checked in by 4:00 !!!

All others check in at least 1 hour (60min) prior to event.