



# BOOKER T WASHINGTON TRACK & FIELD INVITATIONAL

## MARCH 6, 2010

9:00 Coaches' Meeting  
10:00 4x800 meter relay (Boys will be followed by Girls)

### **Prelims (Boys will be followed by Girls)**

10:00 100/110 hurdles  
10:30 100 meter dash  
11:00 4x100 meter relay  
11:30 400 meter dash  
12:00 300 meter hurdles  
12:30 200 meter dash

### **Field Events**

10:00 Boys Discus  
10:00 Boys Long Jump  
10:00 Boys Pole Vault  
10:00 Girls Shot Put  
10:00 Girls Long Jump  
10:00 Girls High Jump  
12:30 Boys Shot Put  
12:30 Boys High Jump  
12:30 Boys Triple Jump  
12:30 Girls Discus  
12:30 Girls Triple Jump  
12:30 Girls Pole Vault

### **Finals (Boys will be followed by Girls)**

3:00 100/110 hurdles  
3:15 100 meter dash  
3:25 1600 meter run  
4:10 4x100 meter relay  
4:20 400 meter dash  
4:30 300 meter hurdles  
4:50 800 meter run  
5:10 200 meter dash  
5:20 3200 meter run  
5:55 4x400 meter relay

**Awards to follow**