

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS
BOYS AND GIRLS TRIALS
FRIDAY, MAY 18, 2007**

***TENTATIVE TIME SCHEDULE**

<u>FIELD EVENTS</u>	<u>TIME</u>
Discus (Boys)	12 noon
Discus (Girls)	(to follow boys discus)
<u>COACHES MEETING</u>	2:00 p. m.
Shot Put (Boys)	2:15 p.m.
Shot Put (Girls)	(to follow girls shot put)
Long Jump (Boys)	2:15 p.m.
Long Jump (Girls)	(to follow boys long jump)
High Jump (Girls)	2:15 p.m.
High Jump (Boys)	(to follow girls high jump)
Pole Vault (Girls)	2:15 p.m.
Pole Vault (Boys)	(to follow girls pole vault)
Triple Jump (Boys)	3:45 p.m. (approx.)
Triple Jump (Girls)	(to follow boys triple jump)
<u>RUNNING EVENTS</u>	<u>TIME</u>
100 Meter High Hurdles (Girls)	3:15 p.m.
110 Meter High Hurdles (Boys)	3:35 p.m.
100 Meter Dash (Girls)	3:55 p.m.
100 Meter Dash (Boys)	4:15 p.m.
1500 Meter Run (Girls)	4:30 p.m.
1500 Meter Run (Boys)	4:45 p.m.
400 Meter (4 x 100) Relay (Girls)	5:00 p.m.
400 Meter (4 x 100) Relay (Boys)	5:15 p.m.
400 Meter Dash (Girls)	5:30 p.m.
400 Meter Dash (Boys)	5:45 p.m.
300 Meter Hurdles (Girls)	6:00 p.m.
300 Meter Inter. Hurdles (Boys)	6:15 p.m.
800 Meter Run (Girls)	6:45 p.m.
800 Meter Run (Boys)	7:00 p.m.
200 Meter Dash (Girls)	7:20 p.m.
200 Meter Dash (Boys)	7:40 p.m.
3000 Meter Run (Girls)	8:00 p.m.
3000 Meter Run (Boys)	8:25 p.m.
1600 Meter (4 x 400) Relay (Girls)	8:50 p.m.
1600 Meter (4 x 400) Relay (Boys)	9:10 p.m.

Note: Time schedule subject to change based on number of heats per event.