



# VISAA INDOOR TRACK & FIELD CHAMPIONSHIPS



## TIME SCHEDULE

10:30 AM	GIRLS LONG JUMP, POLE VAULT BOYS LONG JUMP, HIGH JUMP, SHOT PUT	
11:30 AM	GIRLS 55M HURDLES	SEMIFINALS
11:40 AM	BOYS 55M HURDLES	SEMIFINALS
11:50 AM	GIRLS 55M DASH	SEMIFINALS
NOON	BOYS 55M DASH	SEMIFINALS
	GIRLS TRIPLE JUMP, HIGH JUMP, SHOT PUT BOYS TRIPLE JUMP, POLE VAULT	
12:15 PM	GIRLS 4 X 800M RELAY	SECTIONS ON TIME
12:40 PM	BOYS 4 X 800M RELAY	SECTIONS ON TIME
1:00 PM	GIRLS 55M HURDLES	FINALS
1:05 PM	BOYS 55M HURDLES	FINALS
1:10 PM	GIRLS 55M DASH	FINALS
1:15 PM	BOYS 55M DASH	FINALS
1:20 PM	GIRLS 1600M RUN	SECTIONS ON TIME
1:35 PM	BOYS 1600M RUN	SECTIONS ON TIME
1:55 PM	GIRLS 4 X 200M RELAY	SECTIONS ON TIME
2:15 PM	BOYS 4 X 200M RELAY	SECTIONS ON TIME
2:40 PM	GIRLS 500M DASH	SECTIONS ON TIME
3:00 PM	BOYS 500M DASH	SECTIONS ON TIME
3:20 PM	GIRLS 1000M RUN	SECTIONS ON TIME
3:40 PM	BOYS 1000M RUN	SECTIONS ON TIME
4:00 PM	GIRLS 300M DASH	SECTIONS ON TIME
4:20 PM	BOYS 300M DASH	SECTIONS ON TIME
4:40 PM	GIRLS 3200M RUN	SECTIONS ON TIME
5:10 PM	BOYS 3200M RUN	SECTIONS ON TIME
5:40 PM	GIRLS 4 X 400M RELAY	SECTIONS ON TIME
6:00 PM	BOYS 4 X 400M RELAY	SECTIONS ON TIME

THE MEET WILL RUN ACCORDING TO SCHEDULE AND GET NO FURTHER AHEAD THAN 15 MINUTES UNLESS WEATHER CONDITIONS MAKE IT NECESSARY TO GO TO A ROLLING SCHEDULE.