

**RHSAA CITY TRACK CHAMPIONSHIP – Douglas Park**

Wednesday, May 26, 2010 – DAY ONE (Alternate Date: May 29, 2010)

Time	Senior Boys	Junior Boys	Midget Boys	Senior Girls	Junior Girls	Midget Girls
1:00	100 H			Shot	Javelin	Discus
1:05	Long Jump	100 H		Pole Vault	Pole Vault	Pole Vault
1:10			100 H			
1:15				100 H		
1:20					100 H	
1:25						100 H
1:30	800 Final	Triple Jump				
1:35						
1:40		800 Final				
1:45			Javelin			
1:50			800 Final			Long Jump
1:55				High Jump		
2:00				800 Final		
2:05	Discus					
2:10					800 Final	
2:15						
2:20						800 Final
2:25						
2:30						
2:35					Triple Jump	High Jump
2:40						
2:45	Hurdles Final					
2:50		Hurdles Final				
2:55			Hurdles Final			
3:00				Hurdles Final		
3:05					Hurdles Final	
3:10						Hurdles Final
3:15						
3:20						
3:25						
3:30						

**BREAK**

3:50	Pole Vault	Pole Vault	Pole Vault			
3:55	100 F		Triple Jump			Javelin
4:00		100 F				
4:05	High Jump	Discus	100 F			
4:10				100 F		
4:15			Shot		100 F	
4:20						100 F
4:25				Long Jump		
4:30						
4:35	400 F					
4:40						
4:45		400 F				
4:50						
4:55			400 F			
5:00						
5:05				400 F		
5:10						
5:15					400 F	
5:20						
5:25						400 F
5:30						
5:35						
5:40						