

FAVC Track & Field Championship 2010

Scarlet at Edgewood

Admission: Adults - \$6.00, Students and Senior Citizens - \$4.00

Friday May 14th

4:00 PM	Field Events	5:00 PM	Running Events - Prelims
		Girls will run first then Boys	
Shot Put	G, B Qualify top 8	100 Dash	Top 4 from each heat Top 3 at Norwood
Discus	B, G Qualify top 8	100 - 110 Hurdles	Top 4 from each heat Top 3 at Norwood
Long Jump	G, B Qualify top 8	200 Dash	Top 4 from each heat Top 3 at Norwood
Pole Vault	G, B		
High Jump	B, G		

Shot & Discus - 3 throws in prelims, 3 in finals- long jump - 3 jumps in prelims and 3 in finals

6:00 PM

Girls will run first then boys

- 4 x 800 Relay
- 100 / 110 Hurdles
- 100 Dash
- 4 x 200
- 1600 Run
- 4 x 100
- 400 Dash 1-fast heat, 1 slow heat
- 300 Hurdles 1-fast heat, 1 slow heat
- 800 Run
- 200 Dash
- 3200 Run
- 4 x 400

Rain date is Saturday, May 15

Meet Scoring - Individual Events 6 places, relays 5 places

Individual Event Scoring - 10, 8, 6, 4, 2, 1
 Relay Event Scoring - 10, 8, 6, 4, 2

Awards - Medal 1- 3, ribbons 4- 5 and championship trophy for team winner