

2010 Atlantic Championships Schedule Saturday, August 14

FINAL SCHEDULE

TRACK

12:00	80m BG Qualifying
	100m MG,MB, YB ,JM, SM Qualifying
1:00	1200m BG,BB,MG,MB Timed Finals
	1500m YG,YB,JW,JM,SW,SM Timed Finals
2:30	300m MG,MB Timed Finals
	400m YG,YBJW,JM,SW,SM Timed Finals
3:00 – 3:30	Lunch Break
3:30	200mH BG,BB,MG,MB Timed Finals
3:50	300mH YG,YB Timed Finals
	400mH JW, JM, OW,OM Timed Finals
4:20	80m BG,BB Finals
	100m MG,MB,YG,YB,JW,JM,SW,SM Finals
5:00	4 x 400m All Groups Timed Finals
5:30	1500mSC MB Final
	2000mSC YB Final
	3000mSC JM, SM Final

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FIELD

- 12:30 Long Jump BB+MB (12)
 Discus MG+YG+JW+SW (6)
- 1:30 Long Jump YB+JM+SM (10)
 High Jump BG+MG+ YG+JW+SW (5)
- 2:30 Long Jump BG+MG (14)
 Javelin BB+MB+YB+JM+SM (11)
- 4:00 Long Jump YG+JW+SW (8)
 Discus BB+MB +YB+JM+SM (11)
- 5:15 Javelin BG+MG +YG+JW+SW (6)
 High Jump BB+MB+ YB+JM+SM (10)

BG = Bantam Girls (1997/98)

BB = Bantam Boys (1997/98)

MG = Midget Girls (1995/96)

MB = Midget Boys (1995/96)

YG = Youth Girls (1993/94)

YB = Youth Boys (1993/94)

JW = Junior Women (1991/92)

JM = Junior Men (1991/92)

SW = Senior Women (1990 or before)

SM = Senior Men (1990 or before)

2010 Atlantic Championships Schedule Sunday, August 15

FINAL SCHEDULE

TRACK

9:00	2000m MG,MB Timed Finals
9:20	3000m YM Timed Finals
10:00	5000m JM,SM
10:40	80mH BG, BB, MG FINAL
11:00	100mH YG, JW, SW, MB FINAL
11:20	110mH JM, SM FINAL
12:00	150m BG Qualifying
	200m MG,MB,YG,YB,JW,JM,SW,SM Qualifying

Lunch Break 1:00 – 1:45

2:00	800m All Groups Timed Finals
2:15	150m BG,BB Finals
2:30	200m MG,MB,YG,YB, JW,JM,SW,SM Finals
3:00	4 x 100m All Groups Timed Finals

2010 Atlantic Championships Schedule Sunday, August 15

FINAL SCHEDULE

FIELD

9:30 Shot Put BG+MG+YG+JW (4)

11:00 Triple Jump MG+YG+JW+SW (7)

Hammer YB (2)

Hammer MG +JW (2)

12:30 Shot Put BB+MB (7)

Pole Vault MB+SM (2)

2:00 Triple Jump MB+JM+SM (8)

Shot Put YB+JM+SM (8)

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