

Northern California Chinese Athletic Federation

2010 Track and Field Meet Schedule

Track Race Schedule:

11 : 00am	100m	Track Race
11 : 15am	60m	Track Race
11 : 30am	1500m	Track Race
12 : 00am	4 x 100m	Relay Race
1 : 30pm	400m	Track Race
2 : 10pm	800m	Track Race
3 : 15pm	200m	Track Race
4 : 00pm	3000m	Track Race
4 : 50pm	4 x 400m	Relay Race
5 : 30pm	16 x 100m	Relay Race

Note: 100m Track Race will be started from Group A66 to K5-6

Field Schedule:

11 : 00am	Girls (7 – 15) Long Jump
11 : 30am	Girls (16 – 18) Long Jump
12 : 00am	Womens Long Jump
1 : 30pm	Boys (5 – 12) Long Jump
2 : 00pm	Boys (13 – 17) Long Jump
2 : 40pm	Mens (18 – 35) Long Jump
3 : 15pm	Mens (36 – 55) Long Jump
4 : 00pm	Girls / Womens Triple Jump
4 : 30pm	Boys / Mens Triple Jump

11 : 00am

Boys / Girls Shot Put

1 : 30pm

Womens / Mens Shot Put

11 : 00am

Girls / Womens High Jump

1 : 30pm

Boys / Mens High Jump