

**Lake Tahoe Masters Track & Field Meet (30& Over)**  
**2010 Pacific Association USATF Master Championships**  
**Community Youth Sports Complex @ South Tahoe Middle School**  
**Race Day Registration!! 7:00am to 12:00pm at the Track Facility**

MEET PROGRAM FOR SUNDAY, 30 MAY 2010

Start	Event#	Field Events (Start @ 10:00am)	Round
10:00 AM	1	Discus Men	Final
10:00 AM	2	Long Jump (Men & Women)	Final
10:00 AM	3	Shot Put Women	Final
11:00 PM	4	Pole Vault (Women & Men)	Final
12:00 PM	5	Discus Women - (followed by Men)	Final
12:00 PM	6	Shot Put Men - (followed by Women)	Final
1:00 PM	7	High Jump (Women & Men)	Final
1:00 PM	8	Triple Jump (Men & Women)	Final

*(Below Events are Off-Site at George Whittell HS, Nevada 15 minute drive)*

TBA (3:00pm)	9	Javelin (Women & Men) (Grass Runway)	Final
TBA (3:00pm)	10	Hammer Throw (insert) "You will love It"	Final

- All Throwing Implements weights must be by age specifications
- Pole Vault and High Jump choose your starting height

**All Events may start up to 10 minutes EARLY!**  
**Please listen for Announcement of your event**

Start	Event#	Running Event (Start @ 11:00am)	Round
11:00 AM	11	5000 Meter Run (Women & Men)	Final
12:30 AM	12	1500/3000 Meter Race Walk (Women & Men)	Final
1:00 AM	13	80 Meter Hurdles Women/Men	Final
1:00 AM	14	100 Meter Hurdles Women/Men	Final
1:00 PM	15	110 Meter Hurdles Men	Final
1:30 PM	16	100 Meter Women	Final
1:30 PM	17	100 Meter Men	Final
1:45 AM	18	1500 Meter Dash Women	Final
1:45 AM	19	1500 Meter Dash Men	Final
2:00 PM	29	4x100 Meter Relay Exhibition (Open - All)	Final
2:10 PM	20	400 Meter Run Women	Final
2:10 PM	21	400 Meter Run Men	Final
2:15 PM	22	300/400 Meter Hurdles Women	Final
2:15 PM	23	300/400 Meter Hurdles Men	Final
2:30 PM	24	800 Meter Dash Women	Final
2:30 PM	25	800 Meter Dash Men	Final
2:45 PM	26	200 Meter Dash Women	Final
2:45 PM	27	200 Meter Dash Men	Final
3:00 PM	28	3000 Meter Run (Men & Women)	Final
3:25 PM	30	4x400 Meter Relay Exhibition (Open - All)	Final
4:00 PM			

**"THANK YOU for "A Great MEET!"**

**Post Meet Dinner Party 6:30pm – Mo's Place Pub-Grill-Sports 3600 Lake Tahoe Blvd, next to Super 8 Motel. No Host Bar & Dinner Menu 10% Off available with Post Race Drink Specials!**

- Race Walk 1500m/3000m starts are simultaneously
- 80m hurdles at (7h) (12m-7m-19m) markings; 30" heights adjustable
- 100m hurdles at (10h)age group track markings; heights/dist. adjustable
- 110m hurdles at (10h)age group track markings; heights/dist. adjustable
- 300/400m hurdles at (10h)age group track markings; heights/dist. adjustable