

2010 International Friendship Freedom Games
North Carolina A&T State University
Greensboro, NC
Saturday 4/17/2010

Schedule of Events (Tentative)

Running Events

Start Time	Event	Round
8:00 AM	Women 400 Meter Hurdles College/Open	Finals
8:15 AM	Men 400 Meter Hurdles College/Open	Finals
8:30 AM	Women 3000 Meter Run College/Open	Finals
8:45 AM	Men 3000 Meter Run College/Open	Finals
9:00 AM	Girls 4x800 Meter Relay High School	Finals
9:15 AM	Boys 4x800 Meter Relay High School	Finals
9:30 PM	Women 800 Meter Run College/Open	Finals
9:45 PM	Men 800 Meter Run College/Open	Finals
10:15 AM	Girls 100 Meter Hurdles High School	Prelims
10:30 AM	Women 100 Meter Hurdles College/Open	Prelims
10:45 AM	Boys 110 Meter Hurdles High School	Prelims
11:00 AM	Men 110 Meter Hurdles College/Open	Prelims
11:15 AM	Girls 100 Meter Dash High School	Prelims
11:25 AM	Boys 100 Meter Dash High School	Prelims
11:35 AM	Women 100 Meter Dash College/Open	Prelims
11:45 AM	Men 100 Meter Dash College/Open	Prelims
11:55 AM	Men 110 Meter Hurdles College/Open	Finals (Two Heats)
12:05 PM	Boys 110 Meter Hurdles High School	Finals
12:15 PM	Girls 100 Meter Hurdles High School	Finals
12:25 PM	Women 100 Meter Hurdles College/Open	Finals (Two Heats)
12:40 PM	Girls 100 Meter Dash High School	Finals
12:50 PM	Boys 100 Meter Dash High School	Finals
1:00 PM	Women 100 Meter Dash College/Open	Finals (Two Heats)
1:10 PM	Men 100 Meter Dash College/Open	Finals (Two Heats)
1:20 PM	Women 400 Meter Dash College/open	Finals
1:30 PM	Men 400 Meter Dash College/Open	Finals
1:40 PM	Girls 4x200 Meter Relay High School	Finals
1:50 PM	Boys 4x200 Meter Relay High School	Finals
2:00 PM	Women 1500 Meter Run College/Open	Finals
2:15 PM	Men 1500 Meter Run College/Open	Finals
2:30 PM	Women 200 Meter Dash College/Open	Finals
2:45 PM	Men 200 Meter Dash College/Open	Finals
3:00 PM	Girls 1600 Meter Run High School	Finals
3:10 PM	Boys 1600 Meter Run High School	Finals
3:25 PM	Girls 4x100 Meter Relay High School	Finals
3:35 PM	Boys 4x100 Meter Relay High School	Finals
3:45 PM	Women 4x100 Meter Relay College/Open	Finals
4:00 PM	Men 4x100 Meter Relay College/Open	Finals
4:10 PM	Girls 400 Meter Dash High School	Finals
4:15 PM	Boys 400 Meter Dash High School	Finals
4:35 PM	Girls 300 Meter Hurdles High School	Finals
4:45 PM	Boys 300 Meter Hurdles High School	Finals

5:05 PM	Girls 800 Meter Run High School	Finals
5:15 PM	Boys 800 Meter Run High School	Finals
5:30 PM	Women 4x400 Meter Relay College/Open	Finals
5:40 PM	Men 4x400 Meter Relay College/Open	Finals
5:50 PM	Girls 200 Meter Dash High School	Finals
6:05 PM	Boys 200 Meter Dash High School	Finals
6:15 PM	Girls 3200 Meter Run High School	Finals
6:30 PM	Boys 3200 Meter Run High School	Finals
6:45 PM	Girls 4x400 Meter Relay High School	Finals
7:00 PM	Boys 4x400 Meter Relay High School	Finals

Field Events

<u>Start Time</u>	<u>Event</u>
10:00 AM	Men Javelin Throw College/Open
10:00 AM	Women Pole Vault College/Open
10:00 AM	Women Discus Throw College/Open
10:00 AM	Girls Shot Put High School
10:00 AM	Boys Shot Put High School
10:00 AM	Women Long Jump College/Open
10:00 AM	Men Long Jump College/Open
10:00 AM	Girls High Jump High School
12:00 PM	Women Javelin Throw College
12:00 PM	Men Discus Throw College/Open
12:00 PM	Girls Long Jump High School
12:00 PM	Boys Long Jump High School
12:00 PM	Boys High Jump High School
12:00 PM	Men Pole Vault College/Open
12:00 PM	Women Triple Jump College/Open
12:00 PM	Men Triple Jump College/Open
12:00 PM	Women Shot Put College/Open
12:00 PM	Men Shot Put College/Open
1:30 PM	Women High Jump College/Open
2:30 PM	Girls Discus Throw High School
2:30 PM	Boys Discus Throw High School
2:00 PM	Boys Pole Vault High School
2:00 PM	Girls Pole Vault High School
3:30 PM	Girls Triple Jump High School
3:30 PM	Boys Triple Jump High School
3:00 PM	Men High Jump College/Open

***UPDATED TIME SCHEDULE, IF REQUIRED AFTER ENTRIES, WILL BE PLACED ON
www.internationalfriendshipfreedomgames.com***