

APRIL 3, 2009
SCHEDULE OF EVENTS

10:30 a.m. COACHES MEETING

11:00 a.m. FIELD EVENTS Girls Pole Vault – followed by Boys
Boys Shot Put – followed by Girls
Girls Discus – followed by Boys
Girls High Jump – followed by Boys
Boys/Girls Long Jump - Triple Jump to follow

The running events will begin at 12:00 noon, the Finals will begin at 4:00 pm. The schedule is a running schedule. Please make sure your athletes LISTEN to the announcer.

Running Events: 12:00 Noon

100 Meter – Girls
100 Meter – Boys
3200 Meter - Girls (Slow)
100 Meter - Meter Hurdles – Girls
110 Meter - Meter Hurdles – Boys
400 Meter – Girls
400 Meter – Boys
300 IH – Girls
300 IH – Boys
3200 Meter – Boys (Slow)
200 Meter – Girls
200 Meter – Boys

Finals: 4:00 pm

4x800 Relay – Girls
4x800 Relay – Boys
100 Meter Hurdles – Girls
110 Meter Hurdles – Boys
100 Meter – Girls
100 Meter – Boys
1600 Meter – Girls (two heats if needed)
1600 Meter – Boys (two heats if needed)
4x100 Meter – Girls
4x100 Meter – Boys
400 Meter – Girls
400 Meter – Boys
300 IH – Girls
300 IH – Boys
800 Meter – Girls (two heats if needed)
800 Meter – Boys (two heats if needed)
200 Meter – Girls
200 Meter – Boys
3200 Meter – Girls
3200 Meter – Boys
4x400 Meter Relay – Girls
4x400 Meter Relay – Boys