

## Track Schedule (as of July 2 2359h)

**Saturday, July 4, 2009**

**Note:** The Saturday schedule is tentative and subject to scratches/changes received by Friday afternoon.

This finalized version of the schedule will be provided to coaches at Registration.

Time	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note	
9:00	60m Timed Finals - Pee Wee Girls	29	8	4	3:00	12:00	8:35	8:45		
9:12	60m Timed Finals - Pee Wee Boys	6	8	1	3:00	3:00	8:47	8:57		
9:15	80m Timed Finals - Bantam Girls	Full	32	8	4	3:00	12:00	8:50	9:00	
9:27	80m Timed Finals - Bantam Boys	22	8	3	3:00	9:00	9:02	9:12		
9:36	Race Walk 5000m Junior/Open/Masters Women	5	13	1	34:00	34:00	9:11	9:21		
10:10	Race Walk 5000m Junior/Open/Masters Men	7	13	1	30:00	30:00	9:45	9:55		
10:40	Women Heptathlon 100m Hurdles	1	8	1	6:00	6:00	10:15	10:25		
10:46	Men Octathlon/Decathlon 100m	2	8	1	3:00	3:00	10:21	10:31		
10:49	100m Heats - Midget Women	13	8	2	3:30	7:00	10:24	10:34	Top 3 + 2	
10:56	100m Heats - Midget Men	19	8	3	3:30	10:30	10:31	10:41	Top 2 + 2	
11:06	100m Heats - Youth Women	17	8	3	3:30	10:30	10:41	10:51	Top 2 + 2	
11:17	100m Heats - Youth Men	15	8	2	3:30	7:00	10:52	11:02	Top 3 + 2	
11:24	100m Heats - Junior Women	10	8	2	3:30	7:00	10:59	11:09	Top 3 + 2	
11:31	100m Heats - Junior Men	15	8	2	3:30	7:00	11:06	11:16	Top 3 + 2	
11:38	100m Heats - Open Women	11	8	2	3:30	7:00	11:13	11:23	Top 3 + 2	
11:45	100m Heats - Open Men	11	8	2	3:30	7:00	11:20	11:30	Top 3 + 2	
11:52	600m Timed Finals - Pee Wee Girls	26	15	2	3:30	7:00	11:27	11:37		
11:59	600m Timed Finals - Pee Wee Boys	6	15	1	3:30	3:30	11:34	11:44		
12:02	100m Hurdles Heats - Youth Women	10	8	2	6:00	12:00	11:37	11:47	0.76, 13, 8.5 yellow; T. 3+2	
12:14	<b>BREAK and Awards</b>					42:00				
12:56	110m Hurdles Final - Youth Men	5	8	1	6:00	6:00	12:31	12:41	0.91, 13.72, 9.14 blue	
13:02	110m Hurdles Final - Junior Men	4	8	1	6:00	6:00	12:37	12:47	0.99, 13.72, 9.14 blue	
	110m Hurdles Final - Open Men	1							1.07, 13.72, 9.14 blue	
13:08	100m Hurdles Final - Masters Men 50-64	1	8	1	6:00	6:00	12:43	12:53	50-59: 0.91, 13, 8.5 yellow; 60-64: 0.84, 16, 8 measure	
13:14	100m Hurdles Final - Junior Women	6	8	1	6:00	6:00	12:49	12:59	0.84, 13, 8.5 yellow	
13:20	100m Hurdles Final - Open Women	2	8	1	6:00	6:00	12:55	13:05	0.84, 13, 8.5 yellow	
13:26	100m Hurdles Final - Youth Women	8	8	1	6:00	6:00	13:01	13:11	0.76, 13, 8.5 yellow	
13:32	80m Hurdles Final - Masters Women 50-64	1	8	1	6:00	6:00	13:07	13:17	50-59: 0.76, 12, 7 measure; 60-64: 0.686, 12, 7 measure	
13:38	Women Heptathlon 200m	1	8	1	3:00	3:00	13:13	13:23		
13:41	800m Timed Finals - Bantam Girls	28	15	2	5:00	10:00	13:16	13:26		
13:51	800m Timed Finals - Bantam Boys	22	15	2	5:00	10:00	13:26	13:36		
14:01	<b>Awards</b>					5:00				
14:06	100m Timed Final Masters Women	Full	8	8	1	3:30	3:30	13:41	13:51	
14:10	100m Timed Final Masters Men	15	8	2	3:30	7:00	13:45	13:55	fast seeds in heat two	
14:17	100m Final - Midget Women	8	8	1	3:30	3:30	13:52	14:02		
14:20	100m Final - Midget Men	8	8	1	3:30	3:30	13:55	14:05		
14:24	100m Final - Youth Women	8	8	1	3:30	3:30	13:59	14:09		
14:27	100m Final - Youth Men	8	8	1	3:30	3:30	14:02	14:12		
14:31	100m Final - Junior Women	8	8	1	3:30	3:30	14:06	14:16		
14:34	100m Final - Junior Men	8	8	1	3:30	3:30	14:09	14:19		
14:38	100m Final - Open Women	8	8	1	3:30	3:30	14:13	14:23		
14:41	100m Final - Open Men	8	8	1	3:30	3:30	14:16	14:26		
14:45	Men Octathlon/Decathlon 400m	2	8	1	4:00	4:00	14:20	14:30		
14:49	<b>Awards</b>					5:00				
14:54	400m Timed Finals Midget/Masters Women	6	8	1	4:00	4:00	14:29	14:39		
14:58	400m Timed Finals - Youth Women	15	8	2	4:00	8:00	14:33	14:43		
15:06	400m Timed Finals - Junior Women	11	8	2	4:00	8:00	14:41	14:51		
15:14	400m Timed Finals - Open Women	5	8	1	4:00	4:00	14:49	14:59		
15:18	400m Timed Finals - Midget Men	15	8	2	4:00	8:00	14:53	15:03		
15:26	400m Timed Finals - Youth Men	Full	16	8	2	4:00	8:00	15:01	15:11	
15:34	400m Timed Finals - Junior Men	22	8	3	4:00	12:00	15:09	15:19		
15:46	400m Timed Finals - Open Men	11	8	2	4:00	8:00	15:21	15:31		
15:54	400m Timed Finals Masters Men	4	8	1	4:00	4:00	15:29	15:39		
15:58	<b>Awards</b>					5:00				
16:03	1500m Timed Finals Midget/Masters Women	6	13	1	8:00	8:00	15:38	15:48		
16:11	1500m Timed Finals Youth Women	12	13	1	8:00	8:00	15:46	15:56		
16:19	1500m Timed Finals Junior/Open Women	11	13	1	8:00	8:00	15:54	16:04		
16:27	1500m Timed Finals Midget Men	9	13	1	8:00	8:00	16:02	16:12		
16:35	1500m Timed Finals Masters Men (2+5+3)	10	13	1	8:00	8:00	16:10	16:20		
16:43	1500m Timed Finals Youth Men	9	13	1	8:00	8:00	16:18	16:28		
16:51	1500m Timed Finals Junior Men	11	13	1	8:00	8:00	16:26	16:36		
16:59	1500m Timed Finals Open Men	9	13	1	8:00	8:00	16:34	16:44		
17:07	<b>Awards</b>					5:00				
17:12	4x100m Relay Timed Finals Women	1	8	1	6:00	6:00	16:47	16:57		
17:18	4x100m Relay Timed Finals Men	6	8	1	6:00	6:00	16:53	17:03		
17:24	<b>End of Day's Competition</b>									

### Sunday, July 5, 2009

**Note:** The Sunday schedule is tentative and subject to scratches/changes received by Saturday evening.

This version of the schedule will be provided to coaches at Registration.

Time	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
9:00	Men Octathlon/Decathlon 110m Hurdles	2	8	1	6:00	6:00	8:35	8:50	Youth: 0.91, 13.72, 9.14 blue; 50-59: 0.91, 13, 8.5 yellow; 60-64: 0.84, 16, 8 measure
9:06	80m Hurdles Timed Finals - Bantam Girls	29	8	4	6:00	24:00	8:41	8:56	0.76, 12, 7.5 red
9:30	80m Hurdles Timed Finals - Bantam Boys	Full 16	8	2	6:00	12:00	9:05	9:20	0.76, 12, 7.5 red
9:42	150m Timed Finals - Pee Wee Girls	21	8	3	6:00	18:00	9:17	9:32	
10:00	150m Timed Finals - Pee Wee Boys	5	8	1	6:00	6:00	9:35	9:50	
10:06	3000m Youth/Junior/Masters Women	11	13	1	15:00	15:00	9:41	9:56	
10:21	3000m Youth/Masters Men	11	13	1	18:00	18:00	9:56	10:11	
10:39	5000m Junior Men	2	13	1	20:00	20:00	10:14	10:29	
10:59	<b>Awards</b>					5:00			
11:04	300m Hurdles Final - Youth/Masters Women	2	8	1	6:00	6:00	10:39	10:54	
11:10	300m Hurdles Final - Youth/Masters Men	4	8	1	6:00	6:00	10:45	11:00	
11:16	400m Hurdles Junior/Masters 35-49 Women	0	8	0	6:00	0:00	10:51	11:06	0.76, 45, 35, green
11:16	400m Hurdles Junior Men	5	8	1	6:00	6:00	10:51	11:06	0.91, 45, 35, green
11:22	200m Heats - Midget Women	14	8	2	3:45	7:30	10:57	11:12	Top 3 + 2
11:29	200m Heats - Midget Men	23	8	3	3:45	11:15	11:04	11:19	Top 2 + 2
11:40	200m Heats - Youth Women	22	8	3	3:45	11:15	11:15	11:30	Top 2 + 2
11:52	200m Heats - Youth Men	22	8	3	3:45	11:15	11:27	11:42	Top 2 + 2
12:03	200m Heats - Junior Women	13	8	2	3:45	7:30	11:38	11:53	Top 3 + 2
12:10	200m Heats - Junior Men	Full 24	8	3	3:45	11:15	11:45	12:00	Top 2 + 2
12:22	200m Heats - Open Men	15	8	2	3:45	7:30	11:57	12:12	Top 3 + 2
12:29	<b>BREAK and Awards</b>					30:00			
12:59	Decathlon 1500m	1	15	1	8:00	8:00	12:34	12:49	
13:07	Heptathlon 800m	1	10	1	5:00	5:00	12:42	12:57	
13:12	Octathlon 1000m	1	15	1	5:45	5:45	12:47	13:02	
13:18	1000m Timed Finals - Pee Wee Girls	18	15	2	5:45	11:30	12:53	13:08	
13:29	1000m Timed Finals - Pee Wee Boys	4	15	1	5:45	5:45	13:04	13:19	
13:35	1200m Timed Finals - Bantam Girls	25	15	2	6:30	13:00	13:10	13:25	
13:48	1200m Timed Finals - Bantam Boys	Full 15	15	1	6:30	6:30	13:23	13:38	
13:55	<b>Awards</b>					5:00			
14:00	200m Timed Final Masters Women	10	8	2	3:45	7:30	13:35	13:50	fast seeds in heat two
14:07	200m Timed Final Masters Men	16	8	2	3:45	7:30	13:42	13:57	fast seeds in heat two
14:15	200m Final - Midget Women	8	8	1	3:45	3:45	13:50	14:05	
14:18	200m Final - Midget Men	8	8	1	3:45	3:45	13:53	14:08	
14:22	200m Final - Youth Women	8	8	1	3:45	3:45	13:57	14:12	
14:26	200m Final - Youth Men	8	8	1	3:45	3:45	14:01	14:16	
14:30	200m Final - Junior Women	8	8	1	3:45	3:45	14:05	14:20	
14:33	200m Final - Junior Men	8	8	1	3:45	3:45	14:08	14:23	
14:37	200m Final - Open Women	Full 8	8	1	3:45	3:45	14:12	14:27	
14:41	200m Final - Open Men	8	8	1	3:45	3:45	14:16	14:31	
14:45	<b>Awards</b>					5:00			
14:50	800m Timed Finals - Youth Women	17	10	2	4:45	9:30	14:25	14:40	
14:59	800m Timed Finals - Junior Women	12	10	2	4:45	9:30	14:34	14:49	
	800m Timed Finals - Masters Women 35-49	1	10	1	4:45				
	800m Timed Finals - Masters Women 50-64	none 0	10	0	4:45				
	800m Timed Finals - Masters Women 65+	none 0	10	0	4:45				
15:09	800m Timed Finals - Youth Men	15	10	2	4:45	9:30	14:44	14:59	
	800m Timed Finals - Masters Men 35-49	2	10	1	4:45				
	800m Timed Finals - Masters Men 50-64	2	10	1	4:45				
	800m Timed Finals - Masters Men 65+	1	10	1	4:45				
15:18	800m Timed Finals - Junior Men	18	10	2	4:45	9:30	14:53	15:08	
15:28	2000m Steeplechase Youth/Junior Women	none 0	15	0	10:00	0:00	15:03	15:18	
15:28	2000m Steeple. Youth/Junior/Masters 50-64 Men	4	15	1	10:00	10:00	15:03	15:18	
15:38	3000m Steeplechase Masters Men 35-49	1	15	1	15:00	15:00	15:13	15:28	
15:53	<b>Awards</b>					5:00			
15:58	4x400m Relay Timed Finals Women	1	8	1	10:00	10:00	15:33	15:48	
16:08	4x400m Relay Timed Finals Men	4	8	1	10:00	10:00	15:43	15:58	
16:18	<b>End of Day's Competition</b>								

Schedule (as of July 2 2359h)

## Combined Events Summary

**Note:** The schedule is **tentative** and subject to scratches/changes received by Friday afternoon. This finalized version of the schedule will be provided to coaches at Registration.

### Masters Men Decathlon

Day 1

Day 2

100m	Long Jump	Shot Put	High Jump	400m	110m Hurdles	Discus	Pole Vault	Javelin	1500m
10:46	11:45	12:20	13:05	14:45	9:00	9:35	10:20	11:30	12:59

### Youth Men Octathlon

Day 1

Day 2

100m	Long Jump	Shot Put	400m	110m Hurdles	High Jump	Javelin	1000m
10:46	11:45	12:20	14:45	9:00	9:30	11:30	13:12

### Junior Women Heptathlon

Day 1

Day 2

100m Hurdles	High Jump	Shot Put	200m	Long Jump	Javelin	800m
10:40	11:05	12:05	13:38	9:00	10:00	13:07

## Field Schedule (as of July 2 2359h)

### Saturday, July 4, 2009

**Note:** The Saturday schedule is tentative and subject to scratches/changes received by Friday afternoon.

This finalized version of the schedule will be provided to coaches at Registration.

Time	Field Events	Entries	Expected Total Time H:MM	Time	Field Events	Entries	Expected Total Time H:MM
<b>Long Jump (West Pit)</b>				<b>Long Jump (East Pit)</b>			
9:15	Pee Wee Girls Flight 1	14	0:56	9:15	Pee Wee Girls Flight 2	15	1:00
10:15	Pee Wee Boys	6	0:24	10:20	Masters Women (1+2+0)	3	0:21
10:40	Masters Men (5+2+2)	9	1:00	10:45	Open Men	6	0:42
11:45	Men Octathlon/Decathlon	2	0:08	11:30	Midget Women	8	0:56
11:55	Youth Men	6	0:42	12:30	<b>End of Day's Competition</b>		
12:40	<b>Break</b>		0:35				
13:20	Midget Men	8	0:56				
14:20	Junior Men	6	0:42				
15:05	Youth Women	5	0:35				
15:45	Junior Women	6	0:42				
16:30	Open Women	4	0:28				
17:00	<b>End of Day's Competition</b>						
<b>High Jump (West Mat)</b>				<b>High Jump (East Mat)</b>			
9:30	Bantam Girls Flight 1	15	1:22	9:30	Bantam Girls Flight 2	15	1:22
10:55			0:05	10:55	Bantam Boys	16	1:27
11:05	Women Heptathlon	1	0:23	12:25	<b>End of Day's Competition</b>		
11:30	Junior Women	2	0:46				
12:20	<b>Break</b>		0:40				
13:05	Men Decathlon	1	0:23				
13:30	Youth Women	5	1:10				
14:45	Masters Women (0+1+0)	1	0:23				
15:10	<b>End of Day's Competition</b>						
				<b>Pole Vault</b>			
10:00	Men (does <u>not</u> include warm-up) (2+2+0+0+1)	5	1:40				
11:45	<b>End of Day's Competition</b>						
<b>Shot Put (West Circle)</b>				<b>Shot Put (East Circle)</b>			
9:40	Bantam Boys	20	1:00	11:30	Bantam Girls Flight 2	16	0:48
10:45			0:10	12:20	<b>End of Day's Competition</b>		
11:00	Bantam Girls Flight 1	17	0:51				
11:55			0:05				
12:05	Women Heptathlon	1	0:13				
12:20	Men Octathlon/Decathlon	2	0:16				
12:40	<b>Break</b>		0:35				
13:20	Masters Women (1+2+0)	3	0:33				
13:55	Midget/Youth Women (4+3)	7	0:57				
14:55	Junior/Open Women (4+3)	7	0:57				
15:55	<b>End of Day's Competition</b>						
				<b>Ball Throw (West Field)</b>			
9:45	Pee Wee Boys	5	0:15				
10:05	Pee Wee Girls Flight 1	13	0:39				
10:45	Pee Wee Girls Flight 2	12	0:36				
11:25	<b>End of Day's Competition</b>						
<b>Javelin</b>				<b>Hammer Throw</b>			
11:25	Youth/Junior Men (2+5)	7	0:57	14:30	Youth/Junior/Masters Women (2+1+0+2+0)	5	0:50
12:25	<b>Break</b>		0:35	15:25	Youth/Junior/Masters Men (2+1+2+1+0)	6	0:56
13:05	Masters Men (3+3+2)	8	1:03	16:25	<b>End of Day's Competition</b>		
14:10	<b>End of Day's Competition</b>						

## Field Schedule (as of July 2 2359h)

### Sunday, July 5, 2009

**Note:** The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon. This version of the schedule will be provided to coaches at Registration.

Time	Field Events	Entries	Expected Total Time H:MM
<b>Long/Triple Jump (West Pit)</b>			
9:00	Women Heptathlon	1	0:04
9:05			0:20
9:30	Bantam Girls Flight 1	17	1:08
10:40	Masters Men Triple Jump (2+1+1)	4	0:28
11:10	Youth Men Triple Jump	6	0:24
11:35	Junior Men Triple Jump	5	0:35
12:15	<b>Break</b>		0:35
12:55	Youth/Masters Women Triple Jump (3+0+1+0)	4	0:28
13:25	Junior/Open Women Triple Jump (3+1)	4	0:28
13:55	<b>End of Day's Competition</b>		
<b>High Jump (West Mat)</b>			
9:30	Men Octathlon	1	0:21
9:55	Pee Wee Boys	4	0:33
10:30	Masters Men (2+2+1)	5	1:10
11:45	<b>Break</b>		0:30
12:20	Youth Men	7	1:11
13:35	Junior Men	5	1:10
14:50	<b>End of Day's Competition</b>		
<b>Shot Put (West Circle)</b>			
9:40	Pee Wee Boys	4	0:12
9:55	Masters Men (4+2+3)	9	0:51
10:50	Youth Men	3	0:18
11:10	Pee Wee Girls	20	1:00
12:15	<b>Break</b>		0:35
12:55	Open Men	3	0:18
13:15	Junior Men	7	0:42
14:00	Midget Men	7	0:42
14:45	<b>End of Day's Competition</b>		
<b>Discus</b>			
9:00	Junior/Open/Masters Women (2+1+1+1+0)	5	0:30
9:35	Men Decathlon	1	0:03
9:40			0:14
9:55	Bantam Boys	15	0:45
10:45	Bantam Girls Flight 1	15	0:45
11:35	Bantam Girls Flight 2	15	0:45
12:25	<b>Break</b>		0:35
13:05	Midget/Youth Women (3+4)	7	0:42
13:50	Masters Men (4+3+6)	13	1:03
14:55	Midget Men	10	0:54
15:50	Youth/Junior/Open Men (1+5+4)	10	0:30
16:25	<b>End of Day's Competition</b>		
<b>Long Jump (East Pit)</b>			
9:30	Bantam Girls Flight 2	16	1:04
10:35			0:10
10:50	Bantam Boys	17	1:08
12:00	<b>End of Day's Competition</b>		
<b>High Jump (East Mat)</b>			
9:30	Pee Wee Girls	20	1:45
11:20	<b>End of Day's Competition</b>		
<b>Pole Vault</b>			
10:20	Men Decathlon	1	0:35
11:00	Women (does <u>not</u> include warm-up) (2+5+0+1+0)	8	2:40
13:45	<b>End of Day's Competition</b>		
<b>Javelin</b>			
10:00	Women Heptathlon	1	0:18
10:20	Youth/Junior/Masters Women (3+2+0+1+0)	6	0:51
11:15			0:10
11:30	Men Octathlon/Decathlon	2	0:06
11:40	<b>End of Day's Competition</b>		
<b>Weight Throw</b>			
16:15	Masters Women (0+1+0)	1	0:06
16:25	Masters Men (1+1+0)	2	0:12
16:40	<b>End of Day's Competition</b>		