

2009 District Meet at North Mason High School

Wednesday 4:00-8:00

Heat 1	Heat 2	Running Events
4:30	4:35	Boys 110m High Hurdles Prelims
4:45	4:50	Girls 100m Hurdles Prelims
5:10	5:15	Boys 100m Prelims
5:20	5:25	Girls 100m Prelims
5:30	5:35	Boys 800m Prelims
5:40	5:45	Girls 800m Prelims
5:55		Boys 4X100m Relay Finals
6:05		Girls 4X100m Relay Finals
6:10		Boys 1600m Finals
6:20		Girls 1600m Finals
6:30	6:35	Boys 400m Prelims
6:40	6:45	Girls 400m Prelims
6:55	7:00	Boys 300m Intermediate Hurdles Prelims
7:10	7:15	Girls 300m Low Hurdles Prelims
7:25	7:30	Boys 200m Prelims
7:35	7:40	Girls 200m Prelims
	Time	Field Events
	4:00	Boys Long Jump Prelims & Finals
	4:00	Girls Pole Vault Prelims & Finals
	4:00	Boys Javelin Prelims & Finals
	4:00	Girls Shot Put Prelims & Finals
	6:00	Boys High Jump Prelims & Finals
	6:00	Girls Triple Jump Prelims & Finals
	6:00	Girls Discus Prelims & Finals

Saturday (next page)

Saturday 11:00-3:00

Time	Running Events
12:00	Girls 4X200m Relay Finals
12:15	Boys 110m High Hurdles Finals
12:25	Girls 100m Hurdles Finals
12:35	Boys 100m Finals
12:40	Girls 100m Finals
12:45	Boys 400m Finals
12:50	Girls 400m Finals
1:00	Boys 300m Intermediate Hurdles Finals
1:10	Girls 300m Low Hurdles Finals
1:20	Boys 800m Finals
1:25	Girls 800m Finals
1:30	Boys 200m Finals
1:35	Girls 200m Finals
1:40	Boys 3200m Finals
2:00	Girls 3200m Finals
2:15	Boys 4X400m Relay Finals
2:25	Girls 4X400m Relay Finals
	Field Events
11:00	Girls Long Jump Prelims & Finals
11:00	Boys Pole Vault Prelims & Finals
11:00	Girls Javelin Prelims & Finals
11:00	Boys Shot Put Prelims & Finals
1:00	Girls High Jump Prelims & Finals
1:00	Boys Triple Jump Prelims & Finals
1:00	Boys Discus Prelims & Finals