

SOUTH REGIONAL TRACK AND FIELD SCHEDULE
DAY ONE – THURSDAY, MAY 28th, 2009
NIAGARA OLYMPIC CLUB TRACK & FIELD COMPLEX, ST. CATHARINES
*******EVENTS MAY START UP TO 30 MINUTES EARLY*******

TRACK EVENTS

FIELD EVENTS

1:00 OPEN GIRLS 1500M STEEPLECHASE
 OPEN BOYS 2000M STEEPLECHASE

1:00 midget girls long jump
 midget boys shot put
 junior girls triple jump
 junior boys discus
 senior girls high jump
 senior boys javelin

1:30 MG 80m hurdles semifinals
 JG 80m hurdles semifinals
 SG 100m hurdles semifinals
 MB 100m hurdles semifinals
 JB 100m hurdles semifinals
 SB 110m hurdles semifinals

1:00 midget girls/
 junior girls pole vault

2:15 MG 100m semifinals
 MB 100m semifinals
 JG 100m semifinals
 JB 100m semifinals
 SG 100m semifinals
 SB 100m semifinals

2:00 senior girls pole vault

2:45 MG 1500m FINAL
 MB 1500m FINAL
 JG 1500m FINAL
 JB 1500m FINAL
 SG 1500m FINAL
 SB 1500m FINAL
 Blind Male 1500m
 Wheelchair Male 1500m

2:45 midget girls shot put
 midget boys long jump
 junior girls discus
 junior boys triple jump
 senior girls javelin
 senior boys high jump

3:45 MG 400m TIMED SECTIONS
 MB 400m TIMED SECTIONS
 JG 400m TIMED SECTIONS
 JB 400m TIMED SECTIONS
 SG 400m TIMED SECTIONS
 SB 400m TIMED SECTIONS

3:30 midget boys pole vault

4:30 MG 80m HURDLES FINAL
 JG 80m HURDLES FINAL
 SG 100m HURDLES FINAL
 MB 100m HURDLES FINAL
 JB 100m HURDLES FINAL
 SB 110m HURDLES FINAL

5:00 Ambulatory Female 100m
 Ambulatory Male 100m
 MG 100m FINAL
 MB 100m FINAL
 JG 100m FINAL
 JB 100m FINAL
 SG 100m FINAL
 SB 100m FINAL

SOUTH REGIONAL TRACK AND FIELD SCHEDULE
DAY TWO – FRIDAY, MAY 29th, 2009
NIAGARA OLYMPIC CLUB TRACK & FIELD COMPLEX, ST. CATHARINES
*******EVENTS MAY START UP TO 30 MINUTES EARLY*******

TRACK EVENTS

FIELD EVENTS

9:30 MG 4x100 RELAY TIMED SECTIONS
 MB 4x100 RELAY TIMED SECTIONS
 JG 4x100 RELAY TIMED SECTIONS
 JB 4x100 RELAY TIMED SECTIONS
 SG 4x100 RELAY TIMED SECTIONS
 SB 4x100 RELAY TIMED SECTIONS

9:30 midget girls high jump
 midget boys javelin
 junior girls long jump
 junior boys shot put
 senior girls triple jump
 senior boys discus

10:30 MG 800m TIMED SECTIONS
 MB 800m TIMED SECTIONS
 JG 800m TIMED SECTIONS
 JB 800m TIMED SECTIONS
 SG 800m TIMED SECTIONS
 SB 800m TIMED SECTIONS
 Blind Female 800m
 Wheelchair Female 800m

10:00 junior boys pole vault
 11:30 midget girls javelin
 midget boys high jump
 junior girls shot put
 junior boys long jump
 senior girls discus
 senior boys triple jump

11:30 MG 200m semifinals
 MB 200m semifinals
 JG 200m semifinals
 JB 200m semifinals
 SG 200m semifinals
 SB 200m semifinals

noon senior boys pole vault
 1:30 midget girls triple jump
 midget boys discus
 junior girls javelin
 junior boys high jump
 senior girls long jump
 senior boys shot put

12:15 SG/SB 3000m FINAL

12:45 TRACK BREAK

3:30 midget girls discus
 midget boys triple jump
 junior girls high jump
 junior boys javelin
 senior girls shot put
 senior boys long jump

1:15 MG 300 HURDLES TIMED SECTIONS
 JG 300 HURDLES TIMED SECTIONS
 SG 400 HURDLES TIMED SECTIONS
 MB 300 HURDLES TIMED SECTIONS
 JB 300 HURDLES TIMED SECTIONS
 SB 400 HURDLES TIMED SECTIONS

2:00 JG/JB 3000m FINAL

2:30 SG 200m FINAL
 SB 200m FINAL
 JG 200m FINAL
 JB 200m FINAL
 MG 200m FINAL
 MB 200m FINAL

****PLEASE NOTE THE
 ORDER OF EVENTS****

3:00 MG/MB 3000m FINAL

3:30 OPEN GIRLS 4X400 RELAY TIMED SECTIONS
 OPEN BOYS 4X400 RELAY TIMED SECTIONS