

**SOSSA TRACK AND FIELD MEET - 2009**  
**Niagara Olympic Club, St. Catharines**

**THURSDAY, MAY 21<sup>st</sup>, 2009**

<b>9:00a.m.</b>	Open Girls 1500m Steeplechase	Final
<b>9:15a.m.</b>	Open Boys 2000m Steeplechase	Final
<b>9:25a.m.</b>	Midget Girls 80m Hurdles	Semi-Final
	Junior Girls 80m Hurdles	Semi-Final
	Senior Girls 100m Hurdles	Semi-Final
	Midget Boys 100m Hurdles	Semi-Final
	Junior Boys 110m Hurdles	Semi-Final
	Senior Boys 110m Hurdles	Semi-Final
<b>10:10a.m.</b>	Midget Girls 100m	Semi-Final
	Junior Girls 100m	Semi-Final
	Senior Girls 100m	Semi-Final
	Midget Boys 100m	Semi-Final
	Junior Boys 100m	Semi-Final
	Senior Boys 100m	Semi-Final
<b>10:40a.m.</b>	Midget Girls 1500m	Final
	Junior Girls 1500m	Final
	Senior Girls 1500m	Final
	Midget Boys 1500m	Final
	Junior Boys 1500m	Final
	Senior Boys 1500m	Final
	Blind Male 1500m	Final
	Wheelchair Male 1500m	Final
<b>11:40a.m.</b>	Midget Girls 400m	Timed Sections
	Midget Boys 400m	Timed Sections
	Junior Girls 400m	Timed Sections
	Junior Boys 400m	Timed Sections
	Senior Girls 400m	Timed Sections
	Senior Boys 400m	Timed Sections
<b>12:10p.m.</b>	Midget Girls 80m Hurdles	Final
	Junior Girls 80m Hurdles	Final
	Senior Girls 100m Hurdles	Final
	Midget Boys 100m Hurdles	Final
	Junior Boys 110m Hurdles	Final
	Senior Boys 110m Hurdles	Final

<b>12:40p.m.</b>	Midget Girls 100m	Final
	Midget Boys 100m	Final
	Junior Girls 100m	Final
	Junior Boys 100m	Final
	Senior Girls 100m	Final
	Senior Boys 100m	Final
	Ambulatory Female 100m	Final
	Ambulatory Male 100m	Final
<b>1:10p.m.</b>	Midget Girls 300m Hurdles	Timed Sections
	Junior Girls 300m Hurdles	Timed Sections
	Senior Girls 400m Hurdles	Timed Sections
	Midget Boys 300m Hurdles	Timed Sections
	Junior Boys 300m Hurdles	Timed Sections
	Senior Boys 400m Hurdles	Timed Sections
<b>1:55p.m.</b>	Midget Girls 200m	Timed Sections
	Junior Girls 200m	Timed Sections
	Senior Girls 200m	Timed Sections
	Midget Boys 200m	Timed Sections
	Junior Boys 200m	Timed Sections
	Senior Boys 200m	Timed Sections
<b>2:40p.m.</b>	Midget Girls 800m	Final
	Junior Girls 800m	Final
	Senior Girls 800m	Final
	Midget Boys 800m	Final
	Junior Boys 800m	Final
	Senior Boys 800m	Final
	Blind Female 800m	Final
	Wheelchair Female 800m	Final
<b>3:10p.m.</b>	Midget Girls 3000m	Finals
	Junior Girls 3000m	Finals
	Senior Girls 3000m	Finals
<b>3:50p.m.</b>	Midget Boys 3000m	Finals
	Junior Boys 3000m	Finals
	Senior Boys 3000m	Finals
<b>4:40p.m.</b>	Senior Girls 400m Relay	Timed Sections
	Senior Boys 400m Relay	Timed Sections
	Junior Girls 400m Relay	Timed Sections
	Junior Boys 400m Relay	Timed Sections
	Midget Girls 400m Relay	Timed Sections
	Midget Boys 400m Relay	Timed Sections
	Open Girls 1600m Relay	Timed Sections
	Open Boys 1600m Relay	Timed Sections

## FIELD EVENTS

#	TIME	NAME OF EVENT	#	TIME	NAME OF EVENT
21 26 55 60 81 94 83	9:00a.m.	Midget Girls Long Jump Midget Boys Shot Put Junior Girls Triple Jump Junior Boys Discus Senior Girls High Jump Senior Boys Javelin Open Girls Pole Vault	29 18 57 54 91 88	1:00p.m.	Midget Girls Javelin Midget Boys High Jump Junior Girls Shot Put Junior Boys Long Jump Senior Girls Discus Senior Boys Triple Jump
25 22 59 56 93 82 20	10:15a.m.	Midget Girls Shot Put Midget Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump Midget Boys Pole Vault	23 28 49 62 85 90 84	2:15p.m.	Midget Girls Triple Jump Midget Boys Discus Junior Girls High Jump Junior Boys Javelin Senior Girls Long Jump Senior Boys Shot Put Senior Boys Pole Vault
17 30 53 58 87 92 52	11:30a.m.	Midget Girls High Jump Midget Boys Javelin Junior Girls Long Jump Junior Boys Shot Put Senior Girls Triple Jump Senior Boys Discus Junior Boys Pole Vault	27 24 61 50 89 86	3:00p.m.	Midget Girls Discus Midget Boys Triple Jump Junior Girls Javelin Junior Boys High Jump Senior Girls Shot Put Senior Boys Long Jump

## **STARTING HEIGHTS AND INCREMENTS**

### **HIGH JUMP**

STARTING HEIGHTS WILL BE DETERMINED AND ANNOUNCED  
BY THE FIELD REFEREE AND EVENT JUDGE.

INCREMENT - 5cm for all age groups.

### **POLE VAULT**

STARTING HEIGHTS WILL BE DETERMINED AND ANNOUNCED  
BY THE FIELD REFEREE AND EVENT JUDGE.

INCREMENT - 15cm for all age groups.