

Metro League Championships w/ Frontier League
Friday, May 7th, 2009
@ HOLY FAMILY HIGH SCHOOL

3:45 p.m. – FIELD EVENTS – Preliminaries and Finals

Girls Long Jump
Boys Triple Jump
Girls High Jump
Boys Discus
Girls Shot

3:45 p.m. – TRACK EVENTS

The preliminary track events will begin at 3:45 p.m. There will be three final events during this session: the 3200m relay, 800 medley and the 1600m Run. The number of heats will be adjusted to accommodate the number of participants. The prelim meet schedule will be followed.

Advancers to finals will be determined as follows:

2 heats – finals will be the top 3 finishers in each heat and the next 2 fastest times.

3 heats – finals will be the top 2 finishers in each heat and the next 2 fastest times.

4 heats – finals will be the winner of each heat and the next 4 fastest times.

5 heats – finals will be the heat winners and the next fastest 3 times.

This is a tentative schedule the goal is to stay on time as close as possible we will not move ahead.

3:45	Girls	800 Medley	Timed finals
3:55	Girls	3200m Relay	Metro finals
4:10	Boys	3200m Relay	Metro finals
4:25	Girls	100m Hurdles	Prelims
4:35	Boys	110m Hurdles	Prelims
4:45	Girls	800m	Front final
4:50	Boys	800m	Front final
4:55	Girls	100m Dash	Prelims
5:10	Boys	100m Dash	Prelims
5:25	Girls	1600m	Metro final
5:35	Boys	1600m	Metro final
5:45	Girls	200m Dash	Prelims
6:00	Boys	200m Dash	Prelims
6:15	Girls	3200m	Front final
6:30	Boys	3200m	Front final

SATURDAY, MAY 8th, 2009
@ HOLY FAMILY HIGH SCHOOL

10:00 a.m. – FIELD EVENTS – Preliminaries and Finals

Girls Triple Jump
Boys High Jump
Boys Long Jump
Boys Shot
Girls Discus

10:00 a.m. – TRACK EVENTS – All Finals

10:00 Girls 100m Hurdles
10:10 Boys 110m Hurdles
10:20 Girls 100m Dash
10:30 Boys 100m Dash
10:40 Girls 3200 Relay Front
11:00 Boys 3200 Relay Front
11:15 Girls 800m Relay
11:25 Boys 800m Relay
11:35 Girls 800m Metro
11:45 Boys 800m Metro
11:55 Girls 400m Relay
12:05 Boys 400m Relay

Officials short break (15min)

12:20 Girls 400m Dash
12:30 Boys 400m Dash
12:45 Girls 300m Hurdles
1:00 Boys 300m Hurdles
1:15 Girls 1600m Front
1:25 Boys 1600m Front
1:35 Girls 200m Dash
1:45 Boys 200m Dash
1:55 Girls 3200m Metro
2:15 Boys 3200m Metro
2:30 Girls 1600m Relay
2:45 Boys 1600m Relay
3:00 **Presentation of Trophies**