

Region 2 Track & Field Meet

THURSDAY, MAY 13th, 2009

@ HOLY FAMILY HIGH SCHOOL

Scratch and Coaches meeting at 2:45 p.m. Holy Family Cafeteria.

3:30 p.m. – FIELD EVENTS – Preliminaries and Finals

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

3:30 p.m. – TRACK EVENTS

The time schedule below will be followed for the prelims and finals held on Thursday.

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 heat winners and the next fastest 4 times.

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

TENTATIVE TIME SCHEDULE FOR PRELIMS

3:30 Girls 800 Medley - timed finals

3:40 Girls 3200m Relay - timed finals

3:55 Boys 3200m Relay - timed finals

4:10 Girls 100m Hurdles - Heats determined by entries:

4:20 Boys 110m Hurdles - Heats determined by entries:

4:35 Girls 100m Dash - Heats determined by entries:

4:45 Boys 100m Dash - Heats determined by entries:

15 minute break

5:20 Girls 200m Dash - Heats determined by entries:

5:35 Boys 200m Dash - Heats determined by entries:

5:55 Girls 1600m Run - 2 Heats (if necessary), timed finals (slow heat first)

6:10 Boys 1600m Run - 2 Heats (if necessary), timed finals (slow heat first)

SATURDAY, MAY 15TH, 2009
@ HOLY FAMILY HIGH SCHOOL
Scratch and Coaches meeting at 9:15 a.m. Holy Family Cafeteria.

The time schedule below will be followed for the final event on Saturday.

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 800m Relay – timed finals (slow heat first)
10:50 Boys 800m Relay – timed finals (slow heat first)

20 minute break

11:15 Girls 400m Relay –timed finals (slow heat first)
11:25 Boys 400m Relay –timed finals (slow heat first)
11:35 Girls 400m Dash – timed finals (slow heat first)
11:50 Boys 400m Dash – timed finals (slow heat first)
12:05 Girls 300m Hurdles - timed finals (slow heat first)
12:15 Boys 300m Hurdles - timed finals (slow heat first)
12:30 Girls 800m Run – timed finals (slow heat first)
12:40 Boys 800m Run – timed finals (slow heat first)

20 minute break

1:05 Girls 200m Dash
1:15 Boys 200m Dash
1:20 Girls 3200m Run -FINAL, 1 heat
1:35 Boys 3200m Run -FINAL, 1 heat
1:50 Girls 1600m Relay – timed finals (slow heat first, fast heat second)
2:00 Boys 1600m Relay – timed finals (slow heat first, fast heat second)

Presentation of Trophies