

**SOUTH REGIONAL TRACK AND FIELD SCHEDULE  
 DAY ONE – THURSDAY, MAY 28<sup>th</sup>, 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 midget girls shot put  
 midget boys long jump  
 junior girls discus  
 junior boys triple jump  
 senior girls javelin  
 senior boys high jump

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

3:30 midget boys pole vault

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

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 29<sup>th</sup>, 2009  
NIAGARA OLYMPIC CLUB TRACK & FIELD COMPLEX, ST. CATHARINES  
\*\*\*\*\*EVENTS MAY START UP TO 30 MINUTES EARLY\*\*\*\*\***

**TRACK EVENTS**

**FIELD EVENTS**

<p>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</p> <p>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</p> <p>11:30 MG 200m semifinals  MB 200m semifinals  JG 200m semifinals  JB 200m semifinals  SG 200m semifinals  SB 200m semifinals</p> <p>12:15 SG/SB 3000m FINAL</p> <p>12:45 TRACK BREAK</p> <p>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</p> <p>2:00 JG/JB 3000m FINAL</p> <p>2:30 SG 200m FINAL  SB 200m FINAL  JG 200m FINAL  JB 200m FINAL  MG 200m FINAL  MB 200m FINAL</p> <p>3:00 MG/MB 3000m FINAL</p> <p>3:30 OPEN GIRLS 4X400 RELAY TIMED SECTIONS  OPEN BOYS 4X400 RELAY TIMED SECTIONS</p>	<p>9:30 midget girls high jump  midget boys javelin  junior girls long jump  junior boys shot put  senior girls triple jump  senior boys discus</p> <p>10:00 junior boys pole vault</p> <p>11:30 midget girls javelin  midget boys high jump  junior girls shot put  junior boys long jump  senior girls discus  senior boys triple jump</p> <p>noon senior boys pole vault</p> <p>1:30 midget girls triple jump  midget boys discus  junior girls javelin  junior boys high jump  senior girls long jump  senior boys shot put</p> <p>3:30 midget girls discus  midget boys triple jump  junior girls high jump  junior boys javelin  senior girls shot put  senior boys long jump</p>
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**\*\*PLEASE NOTE THE  
ORDER OF EVENTS\*\***