

## 2009 O.F.S.A.A. Track & Field Schedule

Attention all athletes and coaches. There will only be 6mm spikes allowed on the track and the runways.

### Thursday June 4

TRACK	FIELD
3:00 OG 1500m steeplechase OB 2000m steeplechase	3: 00 JB Long Jump
	3: 30 MB Pole Vault MG High Jump SB Shot Put SG Discus
3:45 400m Heats ( MG , MB, JG, JB, SG, SB )	5:00 SG Long Jump
5:00 1500M Heats ( MG, MB, JG, JB, SG, SB )	
6:30 4 X 100m Relay Heats ( MG, MB, JG, JB, SG, SB )	

### Friday June 5

TRACK	FIELD
9:30 Sprint Hurdles Heats ( MG, JG, SG, MB, JB, SB )	9:30 MB High Jump JG Discus JG Long Jump SB Javelin SB Triple Jump
	10:00 JB Pole Vault
11:00 100m Heats ( MG, MB, JG, JB, SG, SB )	
1:30 Opening Ceremonies	1: 30 MB Discus MG Javelin MG Triple Jump JB Shot Put SG Triple Jump
2:00 OG 1500m steeplechase Final OB 2000m steeplechase Final	2:00 SG Pole Vault
2:30 Sprint Hurdle Finals ( MG, JG, SG, MB, JB, SB )	
3:00 100M Finals ( MG, MB, JG, JB, SG, SB ) ( Blind and Ambulatory )	4:30 MB Long Jump MG Discus JB Triple Jump JG Javelin SB High Jump SG Shot Put
3:30 400m Finals ( MG, MB, JG, JB, SG, SB )	

**4:00 1500M Finals**  
( MG, MB, JG, JB, SG, SB )  
( Blind and Wheelchair)

**5:00 4 x 100m Relay Finals**  
( SG, SB, JG, JB, MG, MB )

**5:45 4 X 400M Relay Heats**  
( OG, OB )

**Saturday June 6**

**TRACK**

**FIELD**

**9:00 Intermediate Hurdle Heats**  
( MG, JG, SG, MB, JB, SB )

**9:00 MB Shot Put**  
**MG Long Jump**  
**JG Triple Jump**  
**JB Javelin**  
**SB Discus**  
**SG High Jump**

**10:30 800m Heats**  
( MG, MB, JG, JB, SG, SB )

**9:30 MG / JG Pole Vault**

**Noon 200m Heats**  
( SG, SB , JG, JB, MG, MB )

**Noon MB Triple Jump**  
**JB High Jump**  
**JG Shot Put**  
**SG Javelin**

**1:30 Intermediate Hurdle Finals**  
( MG, JG, SG, MB, JB, SB )

**1:30 SB Pole Vault**

**2:00 SG / SB 3000m Finals**

**2: 30 800m Finals**  
( MG, MB, JG, JB, SG, SB )  
( Blind and Wheelchair )

**2:30 MB Javelin**  
**MG Shot Put**  
**JB Discus**  
**JG High Jump**  
**SB Long Jump**

**3:20 JG / JB 3000m Finals**

**3:50 200m Finals**  
( SG, SB, JG, JB, MG, MB )

**4: 30 MG / MB 3000m Finals**

**4:50 OG / OB 4 x 400m Relay Finals**

**5:20 Award Presentation**

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