

EASTERN DISTRICT DIVISION III TRACK AND FIELD CHAMPIONSHIPS NEWCOMERSTOWN 2009

Tuesday, May 19th

4:00 PM

Field Events Begin (Top 4 advance to Regional)

Boys Discus

Girls Shot Put

Boys Long Jump (open pit 4 to 6, finals 6 to 6:30 pm)

Girls High Jump

Boys Pole Vault

Preliminaries

1. Girls 100 Meter Hurdles----- 6 heats, top 2 in each heat & next four fastest times..
2. Boys 110 Meter Hurdles -----6 heats, top 2 in each heat &. next four fastest times..
3. Girls 100 Meter Dash----- 6 heats, top 2 in each heat &. next four fastest times..
4. Boys 100 Meter Dash -----6 heats, top 2 in each heat & next four fastest times..
5. Girls 4x800 **Final**-----Top 4 advance to Regional
6. Girls 200 Meter Dash -----6 heats, top 2 in each heat &. next four fastest times..
7. Boys 200 Meter Dash -----6 heats, top 2 in each heat & next four fastest times..
8. Boys 4x800 **Final**-----Top 4 advance to Regional.

Semi-Finals

1. Girls 100 Meter Hurdles (2 heats---Top 4 in each heat to finals).
2. Boys 110 Meter Hurdles (2 heats---Top 4 in each heat to finals).
3. Girls 100 Meter Dash (2 heats-----Top 4 in each heat to finals).
4. Boys 100 Meter Dash (2 heats-----Top 4 in each heat to finals).
5. Girls 4x200 Meter Relay---(Top 8 times to finals).
6. Boys 4x200 Meter Relay---(Top 8 times to finals).
7. Girls 1600 Meter Run----- 2 sections---Top 8 to finals from each section.
8. Boys 1600 Meter Run----- (Top 8 to finals from each section. 2 sections).
9. Girls 4x100 Meter Relay---(Top 8 times to finals—3 heats).
10. Boys 4x100 Meter Relay---(Top 8 times to finals---3 heats).
11. Girls 400 Meter Dash----- (Top 8 times to finals---6 heats).
12. Boys 400 Meter Dash----- (Top 8 times to finals---6 heats).
13. Girls 300 Meter Hurdles---- (Top 8 times to finals---6 heats).
14. Boys 300 Meter Hurdles---- (Top 8 times to finals---6 heats).
15. Girls 800 Meter Run----- (Top 8 to finals from each section. 2 sections).
16. Boys 800 Meter Run----- (Top 8 to finals from each section. 2 sections).
17. Girls 200 Meter Dash----- (2 heats-----Top 4 in each heat to finals).
18. Boys 200 Meter Dash----- (2 heats-----Top 4 in each heat to finals).
19. Girls 3200 Meter Run-----2 sections---Top 8 to finals from each section.
20. Boys 3200 Meter Run----- 2 sections---top 8 to finals from each section.
21. Girls 4x400 Meter Relay---- (Top 8 times to finals---3 heats)
22. Boys 4x400 Meter Relay---- (Top 8 times to finals---3 heats)

All Finals on Friday, May 22nd at 4pm.

**EASTERN DISTRICT DIVISION III
TRACK AND FIELD CHAMPIONSHIPS
NEWCOMERSTOWN 2009**

FRIDAY

4 :00 PM

Field Events Begin (Top 4 advance to Regional)

Girls Discus

Boys Shot Put

Girls Long Jump (open pit 4 to 6, finals 6 to 6:30 pm)

Boys High Jump

Girls Pole Vault

Finals

1. Girls 100 Meter Hurdles Top 4 to regional.
2. Boys 110 Meter Hurdles Top 4 to regional.
3. Girls 100 Meter Dash Top 4 to regional.
4. Boys 100 Meter Dash Top 4 to regional.
5. Girls 4x200 Meter Relay Top 4 to regional.
6. Boys 4x200 Meter Relay Top 4 to regional.
7. Girls 1600 Meter Run-- Top 4 to regional.
8. Boys 1600 Meter Run Top 4 to regional.
9. Girls 4x100 Meter Relay Top 4 to regional.
10. Boys 4x100 Meter Relay Top 4 to regional.
11. Girls 400 Meter Dash Top 4 to regional.
12. Boys 400 Meter Dash Top 4 to regional.
13. Girls 300 Meter Hurdles Top 4 to regional.
14. Boys 300 Meter Hurdles Top 4 to regional.
15. Girls 800 Meter Run Top 4 to regional.
16. Boys 800 Meter Run Top 4 to regional.
17. Girls 200 Meter Dash Top 4 to regional.
18. Boys 200 Meter Dash Top 4 to regional.
19. Girls 3200 Meter Run. Top 4 to regional.
20. Boys 3200 Meter Run Top 4 to regional.
21. Girls 4x400 Meter Relay Top 4 to regional.
22. Boys 4x400 Meter Relay Top 4 to regional.