

**Northwest Ohio District Division I Track Meet
St. Francis de Sales High School (Toledo)**

DAY I --Thursday, May 22, 2008 -- DAY I

4:00 p.m. Field Event FINALS

Boys Pole Vault	Girls High Jump
Boys Discus Throw	Girls Shot Put
Boys Long Jump	

4:30 p.m. FINALS

Girls 4 x 800 Meter Relay
Boys 4 x 800 Meter Relay

Preliminaries

Girls 100 Meter Hurdles (33")
Boys 110 Meter Hurdles (39")
Girls 100 Meter Dash
Boys 100 Meter Dash

Semi-Finals

Girls 4 x 200 Meter Relay
Boys 4 x 200 Meter Relay
Boys 1600 Meter Run (if necessary)
Girls 4 x 100 Meter Relay (a)
Boys 4 x 100 Meter Relay (b)
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 300 Meter Hurdles (30")
Boys 300 Meter Hurdles (36")
Girls 800 Meter Run
Boys 800 Meter Run

Preliminaries

Girls 200 Meter Dash
Boys 200 Meter Dash

Semifinals

Girls 4 x 400 Meter Relay (c)
Boys 4 x 400 Meter Relay (d)

- (a) The first heat of the girls 4 x 100 meter relay may begin no earlier than 15 minutes after the start of the first heat of the Girls 4 x 200 meter relay.
- (b) The first heat of the boys 4 x 100 meter relay may begin no earlier than 15 minutes after the start of the first heat of the Boys 4 x 200 meter relay.
- (c) The first heat of the girls 4 x 400 meter relay may begin no earlier than 20 minutes after the start of the first heat of the girls 200 meter dash.
- (d) The first heat of the boys 4 x 400 meter relay may begin no earlier than 20 minutes after the start of the first heat of the boys 200 meter dash.

N.B. Since we have 30 teams this year (16 boys, 14 girls), there will be no semifinals in the Girls 1600M Run and the Girls and Boys 3200M Run. The Boys 1600M Semifinals will be run if we have more than 24 entries.

**Northwest Ohio District Division I Track Meet
St. Francis de Sales High School (Toledo)**

DAY II --Saturday, May 24, 2008 -- DAY II

- 11:00 a.m. FIELD EVENT FINALS
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| Girls Pole Vault | Boys High Jump |
| Girls Discus Throw | Boys Shot Put |
| Girls Long Jump | |
- 11:00 a.m. Semi-Finals
- | | |
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| Girls 100 Meter Hurdles (33") | |
| Boys 110 Meter Hurdles (39") | |
- 11:15 a.m. Semi-Finals
- | | |
|----------------------|--|
| Girls 100 Meter Dash | |
| Boys 100 Meter Dash | |
- 11:30 a.m. Semi-Finals
- | | |
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| Girls 200 Meter Dash | |
| Boys 200 Meter Dash | |
- 12:30 p.m. FINALS
- | | |
|------------|-------------------------------|
| 12:30 p.m. | Girls 100 Meter Hurdles (33") |
| 12:35 p.m. | Boys 110 Meter Hurdles (39") |
| 12:40 p.m. | Girls 100 Meter Dash |
| 12:45 p.m. | Boys 100 Meter Dash |
| 12:50 p.m. | Girls 4 x 200 Meter Relay |
| 12:55 p.m. | Boys 4 x 200 Meter Relay |
| 1:00 p.m. | Girls 1600 Meter Run |
| | Boys 1600 Meter Run |
| 1:15 p.m. | Girls 4 x 100 Meter Relay |
| | Boys 4 x 100 Meter Relay |
| 1:30 p.m. | Girls 400 Meter Dash |
| | Boys 400 Meter Dash |
| 1:40 p.m. | Girls 300 Meter Hurdles (30") |
| | Boys 300 Meter Hurdles (36") |
| 1:50 p.m. | Girls 800 Meter Run |
| | Boys 800 Meter Run |
| 2:00 p.m. | Girls 200 Meter Dash |
| | Boys 200 Meter Dash |
| 2:05 p.m. | Girls 3200 Meter Run |
| | Boys 3200 Meter Run |
| 2:35 p.m. | Girls 4 x 400 Meter Relay |
| | Boys 4 x 400 Meter Relay |

Note: The meet shall be run no faster than this schedule.

N.B. The first four in each event qualify to the Regional at Amherst.