

83rd NWOAL TRACK AND FIELD CHAMPIONSHIP
Archbold High School Track & Field Complex
Tuesday, May 12 and Friday, May 15

Archbold	Evergreen	Patrick Henry
Bryan	Liberty Center	Swanton
Delta	Montpelier	Wauseon

Schedule of events:

Tuesday, May 12

Field Event Finals

2:30 pm Pole Vault- Boys and Girls
Long Jump- Boys and Girls
Discus- Boys and Girls

3:30 pm High Jump- Boys and Girls
Shot Put-Boys and Girls (Following Discus)

5:00 pm Girls 4 x 800 Relay- **Finals**
5:15 pm Boys 4 x 800 Relay- **Finals**

Semi- Finals of Running Events

Qualifying to finals- Individual races-top 2 from each heat plus two fastest times
Relays- Top 8 fastest times

Approx. Time Schedule

5:30 pm Girls 100m Hurdles- 3 heats
5:45 pm Boys 110m Hurdles
5:55 pm Girls 100m Dash
6:05 pm Boys 100m Dash
6:15 pm Girls 4 x 200m Relay
6:25 pm Boys 4 x 200m Relay
6:35 pm 15 MINUTE BREAK (Field Event Awards Presentation)
6:50 pm Girls 4 x 100m Relay
7:00 pm Boys 4 x 100m Relay
7:10 pm Girls 400m Dash
7:20 pm Boys 400m Dash
7:30 pm Girls 300m Hurdles
7:40 pm Boys 300m Hurdles
7:50 pm 10 MINUTE BREAK (Field Event Awards Presentation)
8:00 pm Girls 200m Dash
8:10 pm Boys 200m Dash
8:15 pm 15 MINUTE BREAK
8:30 pm Girls 4 x 400m Relay
8:40 pm Boys 4 x 400m Relay

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Friday, May 15, 2009

FINALS

7:00 pm Girls 100m Hurdles
7:05 pm Boys 110m Hurdles
7:10 pm Girls 100m Dash
Boys 100m Dash
7:15 pm Girls 4 x 200m Relay
7:20 pm Boys 4 x 200m Relay
7:25 pm Girls 1600m Run
7:35 pm Boys 1600m Run
7:40 pm Girls 4 x 100m Relay
Boys 4 x 100m Relay
7:50 pm Girls 400m Dash
Boys 400m Dash
8:00 pm Girls 300m Hurdles
8:05 pm Boys 300m Hurdles
8:10 pm Girls 800m Run
8:15 pm Boys 800m Run
8:20 pm Girls 200m Dash
Boys 200m Dash
8:25 pm Girls 3200m Run
8:40 pm Boys 3200m Run
8:55 pm Girls 4 x 400m Relay
9:00 pm Boys 4 x 400m Relay
9:05 pm Running Event Awards presentation
9:20 pm NWOAL Team Championship Trophy Presentation