

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

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

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

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

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

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

2:00 SG / SB 3000m Finals

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

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

FIELD

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

9:30 MG / JG Pole Vault

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

1:30 SB Pole Vault

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