



## TIME SCHEDULE

### Friday, May 15 – Running Events

	Heat 1	Heat 2	Heat 3
1A Girls 4x100-meter Relay.....	11:00	11:05	
2A Girls 4x100-meter Relay.....	11:10	11:15	
3A Girls 4x100-meter Relay.....	11:20	11:25	
1A Boys 4x100-meter Relay.....	11:30	11:35	
2A Boys 4x100-meter Relay.....	11:40	11:45	
3A Boys 4x100-meter Relay.....	11:50	11:55	
1A Girls 3000-meter Run (Final).....	12:00	--	
2A Girls 3000-meter Run (Final).....	12:13	--	
3A Girls 3000-meter Run (Final).....	12:26	--	
1A Girls 100-meter Dash.....	12:40	12:45	
2A Girls 100-meter Dash.....	12:50	12:55	
3A Girls 100-meter Dash.....	1:00	1:05	
1A Boys 100-meter Dash.....	1:10	1:15	1:20
2A Boys 100-meter Dash.....	1:25	1:30	
3A Boys 100-meter Dash.....	1:35	1:40	
1A Girls 400-meter Dash.....	1:45	1:50	
2A Girls 400-meter Dash.....	1:55	2:00	
3A Girls 400-meter Dash.....	2:05	2:10	
1A Boys 400-meter Dash.....	2:15	2:20	
2A Boys 400-meter Dash.....	2:25	2:30	
3A Boys 400-meter Dash.....	2:35	2:40	
1A Girls 100-meter High Hurdles.....	2:45	2:50	
2A Girls 100-meter High Hurdles.....	2:55	3:00	
3A Girls 100-meter High Hurdles.....	3:05	3:10	
1A Boys 110-meter High Hurdles.....	3:15	3:20	
2A Boys 110-meter High Hurdles.....	3:25	3:30	
3A Boys 110-meter High Hurdles.....	3:35	3:40	
1A Boys 800-meter Run.....	3:45	3:50	
1A Girls 200-meter Dash.....	3:55	4:00	
2A Girls 200-meter Dash.....	4:05	4:10	
3A Girls 200-meter Dash.....	4:15	4:20	
1A Boys 200-meter Dash.....	4:25	4:30	
2A Boys 200-meter Dash.....	4:35	4:40	
3A Boys 200-meter Dash.....	4:45	4:50	
1A Girls 300-meter Low Hurdles.....	4:55	5:00	
2A Girls 300-meter Low Hurdles.....	5:05	5:10	
3A Girls 300-meter Low Hurdles.....	5:15	5:20	
1A Boys 300-meter Int. Hurdles.....	5:25	5:30	
2A Boys 300-meter Int. Hurdles.....	5:35	5:40	
3A Boys 300-meter Int. Hurdles.....	5:45	5:50	
1A Boys 3000 (Final).....	5:55	--	
2A Boys 3000 (Final).....	6:07	--	
3A Boys 3000 (Final).....	6:19	--	
1A Girls 4x400-meter Relay.....	6:30	6:38	
2A Girls 4x400-meter Relay.....	6:46	6:54	
3A Girls 4x400-meter Relay.....	7:02	7:10	
1A Boys 4x400-meter Relay.....	7:18	7:26	
2A Boys 4x400-meter Relay.....	7:34	7:42	
3A Boys 4x400-meter Relay.....	7:50	7:58	

### Friday, May 15 – Field Events

3A Boys Pole Vault.....	1:30
3A Boys Shot Put.....	2:00
3A Boys Triple Jump.....	3:45
3A Girls Javelin.....	1:45
3A Girls Long Jump.....	2:00
3A Girls Discus.....	4:30
3A Girls High Jump.....	4:30
2A Boys Pole Vault.....	11:00
2A Boys Shot Put.....	12:00
2A Boys Triple Jump.....	1:45
2A Girls Javelin.....	11:45
2A Girls Long Jump.....	12:00
2A Girls Discus.....	2:15
2A Girls High Jump.....	2:30
1A Boys Triple Jump.....	11:45
1A Boys Pole Vault.....	4:00
1A Boys Shot Put.....	4:00
1A Girls Discus.....	12:00
1A Girls High Jump.....	12:30
1A Girls Javelin.....	3:45
1A Girls Long Jump.....	4:00

### Saturday, May 16 – Running Events (Finals)

	1A	2A	3A
Girls 4x100-meter Relay.....	12:00	12:05	12:10
Boys 4x100-meter Relay.....	12:15	12:20	12:25
Girls 1500-meter Run.....	12:30	12:40	12:50
Boys 1500-meter Run.....	1:00	1:10	1:20
Girls 100-meter Dash.....	1:30	1:35	1:40
Boys 100-meter Dash.....	1:45	1:50	1:55
Girls 400-meter Dash.....	2:10	2:15	2:20
Boys 400-meter Dash.....	2:25	2:30	2:35
Girls 100-meter High Hurdles.....	2:40	2:45	2:50
Boys 110-meter High Hurdles.....	2:55	3:00	3:05
Girls 800-meter Run.....	3:10	3:15	3:20
Boys 800-meter Run.....	3:25	3:30	3:35
Girls 200-meter Dash.....	3:40	3:45	3:50
Boys 200-meter Dash.....	3:55	4:00	4:05
Girls 300-meter Low Hurdles.....	4:10	4:15	4:20
Boys 300-meter Int. Hurdles.....	4:25	4:30	4:35
Girls 4x400-meter Relay.....	4:50	4:58	5:06
Boys 4x400-meter Relay.....	5:14	5:22	5:30

### Saturday, May 16 – Field Events

3A Boys Javelin.....	1:00
3A Boys Long Jump.....	1:30
3A Boys Discus.....	3:15
3A Boys High Jump.....	3:15
3A Girls Pole Vault.....	1:00
3A Girls Shot Put.....	1:45
3A Girls Triple Jump.....	3:30
2A Boys Javelin.....	11:00
2A Boys Long Jump.....	11:30
2A Boys Discus.....	1:15
2A Boys High Jump.....	1:15
2A Girls Pole Vault.....	10:30
2A Girls Shot Put.....	12:00
2A Girls Triple Jump.....	1:30
1A Boys Discus.....	11:15
1A Boys High Jump.....	11:15
1A Boys Javelin.....	3:00
1A Boys Long Jump.....	3:30
1A Girls Triple Jump.....	11:30
1A Girls Pole Vault.....	3:30
1A Girls Shot Put.....	3:30

### High Jump, Pole Vault Starting Heights & Increments

<b>3A Boys High Jump</b>
Start at 5-8; 2" increment to 5-10; 1" increments thereafter
<b>3A Boys Pole Vault</b>
Start at 10-0; 6" increment to 10-6; 3" increments thereafter
<b>3A Girls High Jump</b>
Start at 4-6; 2" increments to 4-10; 1" increments thereafter
<b>3A Girls Pole Vault</b>
Start at 7-6; 6" increment to 8-0; 3" increments thereafter
<b>2A Boys High Jump</b>
Start at 5-6; 2" increment to 5-8; 1" increments thereafter
<b>2A Boys Pole Vault</b>
Start at 10-0; 6" increments to 12-0; 3" increments thereafter
<b>2A Girls High Jump</b>
Start at 4-6; 2" increment to 4-8; 1" increments thereafter
<b>2A Girls Pole Vault</b>
Start at 7-6; 6" increments to 8-6; 3" increments thereafter
<b>1A Boys High Jump</b>
Start at 5-6; 2" increments to 5-10; 1" increments thereafter
<b>1A Boys Pole Vault</b>
Start at 10-0; 6" increments to 11-6; 3" increments thereafter
<b>1A Girls High Jump</b>
Start at 4-6; 2" increments to 4-10; 1" increments thereafter
<b>1A Girls Pole Vault</b>
Start at 6-0; 6" increments to 7-6; 3" increments thereafter

**NOTE:** Actual time schedule for running events will be determined when the number of heats is known for each event. The actual time schedule will be posted on the OSAA website on Sunday, May 10, 2009 and printed in the souvenir program.