



**2009 Super Meet
Includes Youth Dual & Legion Qualifier
Final Schedule**

Saturday, July 18, 2009

Track

10:00 am	110mh	Heats	Youth Men/Open Men (9) (1)
10:12 am	80mh	Timed Final	Midget Women (3)
10:18 am	100mh	Timed Final	Youth/Open Heptathlon Women (2) (2)
10:24 am	100mh	Timed Final	Youth Women/Open Women (5) (2)
10:30 am	100mh	Timed Final	Midget Men (2)
10:36 am	110mh	Finals	Youth Men (8)
10:45 am	100m	Timed Final	Youth/Open Octathlon Men (2) (2)
10:50 am	1500m	Timed Final	Open Men (8)
10:57 am	1500m	Timed Final	Youth Women (5)
11:05 am	1500m	Timed Final	Youth Men (19)
11:18 am	1500m	Timed Final	Midget Women/Open Women (4) (2)
11:25 am	1500m	Timed Final	Midget Men (4)
11:35 am	100m	Heats	Open Women (9)
11:40 am	100m	Timed Final	Open Men (5)
11:45 am	100m	Heats	Youth Women (12)
11:50 pm	100m	Heats	Youth Men (16)
12:00 pm	100m	Heats	Midget Women (15)
12:10 pm	100m	Timed Final	Midget Men (7)
12:25 pm	400m	Timed Final	Open Men (8)
12:30 pm	400m	Timed Final	Youth Men (19)
12:40 pm	400m	Timed Final	Youth Women (14)
12:50 pm	400m	Timed Final	Midget Men (8)
12:55 pm	400m	Timed Final	Midget Women (10)

All races 200m and under will be run as timed finals if there are 8 athletes or less.

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2:00 pm	100m	Final	Youth Men (8)
2:05 pm	100m	Final	Youth Women (8)
2:10 pm	100m	Final	Midget Women (8)
2:15 pm	100m	Final	Open Women (8)
2:20 pm	2000m Steeple	Timed Final	Youth Men (4)
2:35 pm	2000m Steeple	Timed Final	Youth Women (1)
2:55 pm	400m	Timed Final	Youth/Open Octathlon Men (2) (2)
3:00 pm	200m	Timed Final	Youth/Open Heptathlon Women (2) (2)
3:05 pm	4x100m	Timed Final	Midget Men
3:08 pm	4x100m	Timed Final	Youth Men
3:11 pm	4x100m	Timed Final	Open Men
3:14 pm	4x100m	Timed Final	Midget Women
3:17 pm	4x100m	Timed Final	Youth Women
3:20 pm	4x100m	Timed Final	Open Women

Field

10:00 am	Discus	Midget/Youth/Open Women (0) (7) (1)
10:00 am	Long Jump	Midget/Youth/Open Men (3) (12) (1)
11:00 am	High Jump	Youth/Open Heptathlon Women/ Midget/Youth/Open Women (2)(2)(1)(6)(2)
11:30 am	Discus	Midget/Youth/Open Men (0) (9) (4)
11:30 am	Long Jump	Youth/Open Octathlon Men (2) (2)
12:30 pm	Shot Put	Youth/Open Heptathlon Women/Midget/Youth/Open Women (2) (2) (0) (5) (0)
1:30 pm	Pole Vault	Midget/Youth/Open Men (1) (0) (4)
2:00 pm	Shot Put	Youth/Open Octathlon Men (2) (2)
2:30 pm	Triple Jump	Midget/Youth/Open Women (6) (12) (2)
2:45 pm	Hammer	Midget/Youth/Open Women (0) (2) (1)
3:00 pm	Shot Put	Midget/Youth/Open Men (0) (3) (0)
3:15 pm	Pole Vault	Midget/Youth/Open Women (1) (3) (1)
3:45 pm	Hammer	Midget/Youth/Open Men (0) (2) (1)



**2009 Super Meet
Includes Youth Dual & Legion Qualifier
Final Schedule**

Sunday, July 19, 2009

Track

9:00 am	110m	Timed Finals	Youth/Open Octathlon Men (2) (2)
9:10 am	3000m	Timed Finals	Midget/Open Men (2) (2)
9:25 am	3000m	Timed Finals	Midget/Youth/Open Women (1) (4) (5)
9:40 am	3000m	Timed Finals	Youth Men (12)
9:55 am	200m	Timed Finals	Open Men (7)
9:59 am	200m	Timed Finals	Open Women (7)
10:11 am	200m	Heats	Youth Men (22)
10:23 am	200m	Heats	Youth Women (18)
10:27 am	200m	Timed Finals	Midget Men (7)
10:35 am	200m	Heats	Midget Women (12)
10:43 am	800m	Timed Finals	Open Men (4)
10:51 am	800m	Timed Finals	Youth Men (16)
11:06 am	800m	Timed Finals	Midget Men (5)
11:21 am	800m	Timed Finals	Youth Women (4)
11:29 am	800m	Timed Finals	Midget Women (11)
11:40 am	200m	Final	Youth Men
11:45 am	200m	Final	Youth Women
11:50 am	200m	Final	Midget Women
11:55 am	800m	Timed Final	Youth/Open Heptathlon (2) (2)
12:05 pm	400mh	Timed Final	Youth/Open Men (5)
12:10 pm	400mh	Timed Final	Youth/Open Women (4) 1(1)
12:15 pm	300mh	Timed Final	Midget Women (3)
12:20 pm	300mh	Timed Final	Midget Men (1)
12:30 pm	1000m	Timed Final	Youth/Open Octathlon (2) (2)
12:40 pm	4x400m	Timed Final	All Teams

Field

9:00 am	Javelin	Midget/Youth/Open Men (1) (9) (0)
9:00 am	Long Jump	Youth/Open Heptathlon Women/Youth Women (2) (2) (12)
9:00 am	High Jump	Midget/Youth/Open Men (2) (7) (0)
10:00 am	High Jump	Youth/Open Octathlon Men (2) (2)
10:15 am	Long Jump	Midget/Open Women (6) (4)
10:30 am	Javelin	Youth/Open Heptathlon Women/Midget/Youth/Open Women (2)(2)(1)(8)(3)
11:30 am	Triple Jump	Midget/Youth/Open Men (0) (8) (3)
11:45 am	Javelin	Youth/Open Octathlon Men (2) (2)

