

## 2009 MILK TRACK & FIELD SCHEDULE

### TRACK EVENTS

#### FRIDAY, JUNE 5

<u>TIME</u>	<u>EVENT</u>	<u>CLASSIFICATION</u>
11:00 AM	MEDLEY RELAY	TIMED FINALS (8,2,2,4) JV. GIRLS
11:15 AM	MEDLEY RELAY	TIMED FINALS (8,2,2,4) SR. GIRLS
11:30 AM	MEDLEY RELAY	TIMED FINALS (8,2,2,4) JV. BOYS
11:45 AM	MEDLEY RELAY	TIMED FINALS (8,2,2,4) SR. BOYS
12:00 PM	200 M	HEATS JV. GIRLS
12:15 PM	200 M	HEATS SR. GIRLS
12:30 PM	200 M	HEATS JV. BOYS
12:45 PM	200 METRES	HEATS SR. BOYS

#### **1:00 PM MILK AWARDS PRESENTATION (MEDLEY RELAY EVENTS)**

1:15 PM	1500 M	FINALS	JV. GIRLS
1:30 PM	1500 M	FINALS	SR. GIRLS
1:45 PM	1500 M	FINALS	JV. BOYS
2:00 PM	1500 M	FINALS	SR. BOYS
2:15 PM	80 M HURDLES	HEATS	JV. GIRLS
2:30 PM	80 M HURDLES	HEATS	SR. GIRLS
2:45 PM	100 M HURDLES	HEATS	JV. BOYS
3:00 PM	100 M HURDLES	HEATS	SR. BOYS

#### **3:15 PM MILK AWARDS PRESENTATION (1500 M EVENTS AND 12:00 PM FIELD EVENTS)**

<b>3:25 PM</b>	<b>MULTI EVENT 100</b>	<b>FINAL</b>	<b>JV. GIRLS</b>
<b>3:27 PM</b>	<b>MULTI EVENT 100</b>	<b>FINAL</b>	<b>SR. GIRLS</b>
3:30 PM	100 M	HEATS	JV. GIRLS
3:45 PM	100 M	HEATS	SR. GIRLS
4:00 PM	100 M	HEATS	JV. BOYS
4:15 PM	100 M	HEATS	SR. BOYS
<b>4:30 PM</b>	<b>MULTI EVENT 100</b>	<b>FINAL</b>	<b>JV. BOYS</b>
<b>4:32 PM</b>	<b>MULTI EVENT 100</b>	<b>FINAL</b>	<b>SR. BOYS</b>
4:35 PM	400 M	HEATS	JV. GIRLS
4:50 PM	400 M	HEATS	SR. GIRLS
5:05 PM	400 M	HEATS	JV. BOYS
5:20 PM	400 M	HEATS	SR. BOYS

#### **5:35 PM MILK AWARDS PRESENTATION (1:30 AND 3:00 PM FIELD EVENTS)**

5:50 PM	4 X 100 M	HEATS	JV. GIRLS
6:05 PM	4 X 100 M	HEATS	SR. GIRLS
6:20 PM	4 X 100 M	HEATS	JV. BOYS
6:35 PM	4 X 100 M	HEATS	SR. BOYS
6:50 PM	4X 400 M	TIMED FINALS	JV. GIRLS
7:05 PM	4X 400 M	TIMED FINALS	SR. GIRLS
7:20 PM	4X 400 M	TIMED FINALS	JV. BOYS
7:35 PM	4X 400 M	TIMED FINALS	SR. BOYS

#### **7:45 PM MILK AWARDS PRESENTATION (4X400 M EVENTS AND 4:30 & 6:00 PM FIELD EVENTS)**

## TRACK EVENTS

SATURDAY, JUNE 6

<u>TIME</u>	<u>EVENT</u>		<u>CLASSIFICATION</u>
9:45 AM	3000 M	FINAL	JV. GIRLS
10:05 AM	3000 M	FINAL	SR. GIRLS
10:25 AM	3000 M	FINAL	JV. BOYS
10:45 AM	3000 M	FINAL	SR. BOYS
11:05 AM	200 M	FINAL	JV. GIRLS
11:10 AM	200 M	FINAL	SR. GIRLS
11:15 AM	200 M	FINAL	JV. BOYS
11:20 AM	200 M	FINAL	SR. BOYS
11:25 AM	80 M HURDLES	FINAL	JV. GIRLS
11:35 AM	80 M HURDLES	FINAL	SR. GIRLS
11:45 AM	100 M HURDLES	FINAL	JV. BOYS
11:55 AM	100 M HURDLES	FINAL	SR. BOYS
<b>12:00 PM</b>	<b>800 MULTI EVENT FINAL</b>		<b>JV. GIRLS</b>
<b>12:05 PM</b>	<b>800 MULTI EVENT FINAL</b>		<b>SR. GIRLS</b>
12:10 PM	800 M	FINAL	JV. GIRLS
12:20 PM	800 M	FINAL	SR. GIRLS
12:30 PM	800 M	FINAL	JV. BOYS
12:40 PM	800 M	FINAL	SR. BOYS
<b>12:45 PM</b>	<b>800 MULTI EVENT FINAL</b>		<b>JV. BOYS</b>
<b>12:50 PM</b>	<b>800 MULTI EVENT FINAL</b>		<b>SR. BOYS</b>
<b>1:00 PM</b>	<b>MILK AWARDS PRESENTATION</b> (3000M, 200M, HURDLES, 800 M EVENTS. 9:30 & 11:00AM FIELD EVENTS)		
1:10 PM	100 M	FINAL	JV. GIRLS
1:15 PM	100 M	FINAL	SR. GIRLS
1:20 PM	100 M	FINAL	JV. BOYS
1:25 PM	100 M	FINAL	SR. BOYS
1:35 PM	400 M	FINAL	JV. GIRLS
1:40 PM	400 M	FINAL	SR. GIRLS
1:45 PM	400 M	FINAL	JV. BOYS
1:50 PM	400 M	FINAL	SR. BOYS
1:55 PM	4 X 100 METRES	FINAL	JV. GIRLS
2:05 PM	4 X 100 METRES	FINAL	SR. GIRLS
2:15 PM	4 X 100 METRES	FINAL	JV. BOYS
2:25 PM	4 X 100 METRES	FINAL	SR. BOYS

**2:35 PM MILK AWARDS PRESENTATION**  
(MULTI EVENT, 100M, 400M AND 4 X 100M, TRACK EVENTS AND 12:30 PM FIELD EVENTS)

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## FIELD EVENTS

### FRIDAY, June 5

12:00 PM	LONG JUMP	JV. GIRLS
12:00 PM	DISCUS	SR. BOYS
12:00 PM	HIGH JUMP	SR. GIRLS
<b>*12:00 PM</b>	<b>MULTI EVENT SHOT PUT</b>	<b>GIRLS (JV AND SR)</b>
1:30 PM	LONG JUMP	SR. BOYS
1:30 PM	DISCUS	SR. GIRLS
1:30 PM	HIGH JUMP	JV. BOYS
<b>*1:30 PM</b>	<b>MULTI EVENT SHOT PUT</b>	<b>BOYS (JV AND SR)</b>
3:00 PM	LONG JUMP	SR. GIRLS
3:00 PM	DISCUS	JV. BOYS
3:00 PM	HIGH JUMP	JV. GIRLS
4:30 PM	LONG JUMP	JV. BOYS
4:30 PM	DISCUS	JV. GIRLS
4:30 PM	HIGH JUMP	SR. BOYS
6:00 PM	TRIPLE JUMP	JV. GIRLS
6:00PM	JAVELIN	SR. GIRLS
6:00PM	SHOT PUT	SR. BOYS

### SATURDAY, JUNE 6

9:30 AM	TRIPLE JUMP	SR. BOYS
9:30 AM	JAVELIN	JV. BOYS
9:30 AM	SHOT PUT	JV. GIRLS
<b>*9:30 AM</b>	<b>MULTI EVENT LONG JUMP</b>	<b>GIRLS (JV. &amp; SR.)</b>
<b>*10:30 AM</b>	<b>MULTI EVENT LONG JUMP</b>	<b>BOYS (JV. &amp; SR.)</b>
11:00 AM	TRIPLE JUMP	JV. BOYS
11:00 AM	JAVELIN	SR. BOYS
11:00 AM	SHOT PUT	SR. GIRLS
12:30 PM	TRIPLE JUMP	SR. GIRLS
12:30 PM	JAVELIN	JV. GIRLS
12:30 PM	SHOT PUT	JV. BOYS

\* EACH ATHLETE WILL GET A TOTAL OF THREE JUMPS/THROWS.

#### MULTI EVENT SCORING SYSTEM

1<sup>ST</sup> - 16, 2<sup>ND</sup> 14, 3<sup>RD</sup> - 12, 4<sup>TH</sup> - 10, 5<sup>TH</sup> - 8, 6<sup>TH</sup> - 4, 7<sup>TH</sup> - 3, 8<sup>TH</sup> - 2

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