



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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## 2009 Super Meet Includes Youth Dual & Legion Qualifier Revised Tentative Schedule

Saturday, July 18, 2009

### Track

10:00 am	80mh	Heats (if required)	Midget Women
	100mh	Heats (if required)	Youth Women Heptathlon
	100mh	Heats (if required)	Youth Women
	100mh	Heats (if required)	Open Women
	100mh	Heats (if required)	Midget Men
	110mh	Heats (if required)	Youth Men
			Open Men
	100m	Timed finals	Youth Men Octathlon
	1500m	Timed finals	Midget Men
			Youth
			Open Men
			Midget Women
			Youth Women
			Open Women
	100m	Heats	Midget Men
			Youth Men
			Open Men
			Midget Women
			Youth Women
			Open Women
	400m	Timed finals	Midget Men
			Youth Men
			Open Men
			Midget Women
			Youth Women
			Open Women
			<b>LUNCH</b>
	2000 steeple	Timed Finals	Youth Women
			Youth Men
	100m	Finals	Midget Men
			Youth Men
			Open Men
			Midget Women
			Youth Women
			Open Women
	200m	Timed finals	Youth Women Heptathlon
	400m	Timed finals	Youth Men Octathlon
	4x100m	Timed finals	Midget Men
			Youth Men
			Open Men
			Midget Women
			Youth Women
			Open Women

### Field

10:00 am	Discus	Midget/Youth/Open Women
	High Jump	Midget/Open Women
	Long Jump	Midget/Youth/Open Men
	High Jump	Youth & Heptathlon Women
	Discus	Midget/Youth/Open Men
	Long Jump	Youth Octathlon Men
	Shot Put	Youth Women Heptathlon
		Midget/Youth/Open Women
	Pole Vault	Midget/Youth/Open Men
	Hammer	Youth/Open Women
	Shot Put	Youth Octathlon Men
	Long Jump	Midget/Youth/Open Women
	Shot Put	Midget/Youth/Open Men
	Pole Vault	Midget/Youth/Open Women
	Hammer	Youth/Open Men



**2009 Super Meet  
Includes Youth Dual & Legion Qualifier  
Revised Tentative Schedule**

**Sunday, July 19, 2009**

**Track**

8:30 am	3000m	Timed finals	Midget Men Youth Men Open Men Midget Women Youth Women Open Women
	110mh 200m	Timed finals Heats	Combined Events Youth Men Octathlon Midget Men Youth Men Midget Women Open Women
	800m	Timed finals	Midget Men Youth Men Open Men Midget Women Youth Women Open Women
	200m	Finals	Midget Men Youth Men Open Men Midget Women Youth Women Open Women
	800m 400mh	Timed final Timed final	Youth Women Heptathlon Youth Men Youth Women
	300mh	Timed final	Midget Men Midget Women
	1000m	Timed final	Youth Men Octathlon

**Field**

8:30 am	Javelin	Midget/Youth/Open Men
	Long Jump	Youth Heptathlon Women
	High Jump	Midget/Open Men
	High Jump	Youth/Youth Octathlon Men
	Triple Jump	Youth/Midget/Open Women
	Javelin	Youth Heptathlon Women
	Javelin	Midget/Youth/Open Women
	Javelin	Youth Octathlon Men
	Triple Jump	Midget/Youth/Open Men