



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

**Saturday, July 18, 2009**

**Track**

10:00 am	80H / 100H / 110H	Heats	Men / Women
11:00 am	100m	Timed Final	Combined Events - Youth Men Octathlon
11:08 am	1500m	Timed Final	Men / Women
11:55 am	100m	Heats	Men / Women
12:35 pm	400m	Timed Final	Men / Women
1:30 pm	LUNCH		
2:25 pm	100m	Final	Men / Women
3:00 pm	2000m Steeplechase	Timed Final	Youth Men / Women
3:30 pm	200m	Timed Final	Combined Events – Youth Women Heptathlon.
3:40 pm	400m	Timed Final	Combined Events – Youth Men Octathlon.
3:50 pm	4x100m	Timed Final	Men / Women
4:25 pm	400m	Timed Final	Combined Events – Youth Men Octathlon

**Field**

10:00 am	Discus	Midget/Youth/Open Women
10:00 am	High Jump	Midget/Open Women
10:00 am	Long Jump	Midget/Youth/Open Men
11:00 am	High Jump	Youth & Heptathlon Women
11:30 am	Discus	Midget/Youth/Open Men
12:00 pm	Long Jump	Youth/Octathlon Men
12:30 pm	Shot Put	Midget/Youth/Open/Heptathlon Women
2:00 pm	Pole Vault	Midget/Youth/Open Men
2:30 pm	Hammer	Midget/Youth/Open Women
2:30 pm	Shot Put	Youth/Octathlon Men
2:30 pm	Triple Jump	Midget/Youth/Open Women
3:15 pm	Shot Put	Midget/Open Men
3:15 pm	Pole Vault	Midget/Youth/Open Women
3:45 pm	Hammer	Midget/Youth/Open Men



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**Sunday, July 19, 2009**

**Track**

9:00 am	110mh	Timed Final	Combined Events Youth Men Octathlon
9:10 am	3000m	Timed Final	Men / Women
10:10 am	200m	Heats	Men / Women
11:00 am	800m	Timed Final	Men / Women
11:50 am	200m	Finals	Men / Women
12:20 pm	800m	Timed Final	Combined Events Youth Women Hepathlon.
12:30 pm	400mh	Timed Final	Men / Women
12:50 pm	300mh	Timed Final	Midget Men / Women
1:10 pm	1000m	Timed Final	Combined Events Youth Men Octathlon

**Field**

9:00 am	Javelin	Midget/Youth/Open Men
9:00 am	Long Jump	Youth/Combined Events Women
9:00 am	High Jump	Midget/Open Men
10:00 am	High Jump	Youth/Combined Events Men
10:15 am	Long Jump	Midget/Open Women
10:30 am	Javelin	Youth/Combined Events Women
11:30 am	Javelin	Youth/Combined Events Men
11:30 am	Triple Jump	Midget/Youth/Open Men