



# Falcon Relays – Schedule of Events

Saturday March 21, 2009 – Torrey Pines High School

Time	Event
10:00 AM	Girls shuttle hurdles - heat 1
10:05 AM	Girls shuttle hurdles - heat 2
10:10 AM	Girls shuttle hurdles -heat 3
10:20 AM	Boys shuttle hurdles - heat 1
10:25 AM	Boys shuttle hurdles - heat 2
10:30 AM	Boys shuttle hurdles -heat 3
10:39 AM	Div 1 and 2 girls 4x800 relay
10:53 AM	Div 1 and 2 boys 4x800 relay
11:10 AM	Div 1 girls JV 4x100 relay
11:15 AM	Div 2 girls JV 4x100 relay
11:20 AM	Div 1 boys JV 4x100 relay
11:25 AM	Div 2 boys JV 4x100 relay
11:30 AM	Div 1 girls 4x100 relay
11:35 AM	Div 2 girls 4x100 relay
11:40 AM	Div 1 boys 4x100 relay
11:45 AM	Div 2 boys 4x100 relay
11:53 AM	Div 1 and 2 girls JV DMR
12:11 PM	Div 1 and 2 boys JV DMR
12:29 PM	Girls invitational 1500m
12:37 PM	Boys invitational 1500m
12:49 PM	Girls 100 hurdles - B heat
12:53 PM	Girls 100 hurdles - A heat
1:01 PM	Boys 100 hurdles - B heat
1:05 PM	Boys 100 hurdles - A heat
1:13 PM	Girls 400m - B heat
1:17 PM	Girls 400m - A heat
1:21 PM	Boys 400m - B heat
1:25 PM	Boys 400m - A heat

Time	Event
1:34 PM	Girls 100m - B heat
1:38 PM	Girls 100m - A heat
1:42 PM	Boys 100m - B heat
1:46 PM	Boys 100m - A heat
1:53 PM	Girls 800m
1:58 PM	Boys 800m
2:08 PM	Girls 300 hurdles - B heat
2:12 PM	Girls 300 hurdles - A heat
2:16 PM	Boys 300 hurdles - B heat
2:20 PM	Boys 300 hurdles - A heat
2:28 PM	Div 1 girls JV sprint medley
2:33 PM	Div 2 girls JV sprint medley
2:38 PM	Div 1 boys JV sprint medley
2:42 PM	Div 2 boys JV sprint medley
2:49 PM	Div 1 girls 4x200m relay
2:54 PM	Div 2 girls 4x200m relay
2:59 PM	Div 1 boys 4x200m relay
3:03 PM	Div 2 boys 4x200m relay
3:09 PM	Div 1 and 2 girls DMR
3:25 PM	Div 1 and 2 boys DMR
3:41 PM	Div 1 girls 4x400m relay
3:48 PM	Div 2 girls 4x400m relay
3:55 PM	Div 1 boys 4x400m relay
4:02 PM	Div 2 boys 4x400m relay
4:13 PM	Div 1/2 coed throwers 4x100m relay (2 boys, 2 girls)

## Schedule of Field Events

10:00am	Girls pole vault Girls high jump - Flight B Girls Div 1 long jump Boys Div 1 long jump Girls Div 1 discus Boys Div 1 shot put
11:30am	Girls high jump - Flight A Girls Div 2 long jump Boys Div 2 long jump Girls Div 2 discus Boys Div 2 shot put

1:00pm	Boys pole vault Boys high jump - Flight A Girls Div 1 triple jump Boys Div 1 triple jump Girls Div 1 shot put Boys Div 1 discus
2:30pm	Boys high jump - Flight B Girls Div 2 triple jump Boys Div 2 triple jump Girls Div 2 shot put Boys Div 2 discus