

ORDER OF EVENTS

2009 Lake Conference Relays

3:30 Girls 4x1600
3:40 Boys 4x1600
3:55 Girls 100 High Hurdles (4 heats)
4:15 Boys 110 High Hurdles (4 heats)
4:35 Girls 4x100
4:40 Boys 4x100
4:50 Girls 4x800
5:05 Boys 4x800
5:20 Girls Sprint Medley (200-200-400-800)
5:30 Boys Sprint Medley (200-200-400-800)
5:45 Girls 300 Low Hurdles (4 heats)
6:05 Boys 300 Intermediate Hurdles (4 heats)
6:25 Girls Short Sprint Medley (100-100-200-400)
6:30 Boys Short Sprint Medley (100-100-200-400)
6:35 Girls Distance Medley (800-400-1200-1600)
6:55 Boys Distance Medley (800-400-1200-1600)
7:15 Girls 4x200
7:20 Boys 4x200
7:25 Girls 3x3200
7:40 Boys 3x3200
7:55 Girls 4x400
8:00 Boys 4x400

3:30 – 5:00	Girls Long Jump	5:30 – 7:00	Girls Triple Jump
3:30 – 5:00	Boys Triple Jump	5:30 – 7:00	Boys Long Jump
3:30 – 5:00	Boys Shot Put	5:30 – 7:00	Boys Discus
3:30 – 5:00	Girls Discus	5:30 – 7:00	Girls Shot Put
3:30 – 7:00	Girls and Boys Pole Vault (2 pits)		
3:30 – 7:00	Girls and Boys High Jump (2 pits)		