

ORANGE COUNTY TRACK & FIELD CHAMPIONSHIPS
APPROXIMATE TIME SCHEDULE 2009

of Races

1.	8:30	G/FS	1600M RATED	(1)	45.	9:00	G/V	LONG JUMP	
2.		B/FS	1600M RATED	(1)	46.	9:00	B/V	LONG JUMP	
3.	8:45	G/V	1600M RATED	(1)	47.	9:00	G/V	SHOT PUT	
4.		B/V	1600M RATED	(1)	48.	9:00	B/V	SHOT PUT	
5.	9:05	G/FS	100M H.H.	(4)	49.	9:00	G/FS	DISCUS	
6.		G/V	100M H.H.	(4)	50.	9:00	B/V	POLE VAULT	
7.	9:35	B/FS	110M H.H.	(4)	51.	9:00	B/FS	POLE VAULT	
8.		B/V	110M H.H.	(4)	52.	9:00	G/FS	HIGH JUMP	
9.	10:05	G/FS	1600M SEEDED	(1)	53.	9:00	B/FS	HIGH JUMP	
10.		B/FS	1600M SEEDED	(1)	54.	11:00	B/FS	SHOT PUT	
11.	10:30	G/FS	400M RELAY	(3)	55.	11:00	G/FS	SHOT PUT	
12.		B/FS	400M RELAY	(3)	56.	11:00	G/V	DISCUS	
13.	10:55	G/V	400M RELAY	(3)	57.	11:00	G/V	TRIPLE JUMP	
14.		B/V	400M RELAY	(3)	58.	11:00	B/V	TRIPLE JUMP	
15.	11:20	G/V	1600M SEEDED	(1)	59.	12:00	G/V	HIGH JUMP	
16.		B/V	1600M SEEDED	(1)	60.	12:00	B/V	HIGH JUMP	
17.	11:40	G/FS	400M	(4)	61.	1:00	B/V	DISCUS	
18.		B/FS	400M	(4)	62.	1:00	G/FS	LONG JUMP	(3 jumps)
19.	12:05	G/V	400M	(4)	63.	1:00	B/FS	LONG JUMP	(3 jumps)
20.		B/V	400M	(4)	64.	1:00	G/V	POLE VAULT	
21.	12:35	G/FS	100M	(4)	65.	1:00	G/FS	POLE VAULT	
22.		B/FS	100M	(4)	66.	3:00	B/FS	DISCUS	
23.	1:00	G/V	100M	(4)	67.	3:00	G/FS	TRIPLE JUMP	(3 jumps)
24.		B/V	100M	(4)	68.	3:00	B/FS	TRIPLE JUMP	(3 jumps)
25.	1:30	G/FS	3200M	(1)					
26.		B/FS	3200M	(1)					
27.	2:05	G/FS	800M	(2)					
28.		B/FS	800M	(2)					
29.	2:25	G/V	800M	(2)					
30.		B/V	800M	(2)					
31.	2:45	G/FS	300M L.H.	(4)					
32.		G/V	300M L.H.	(4)					
33.	3:10	B/FS	300M I.H.	(4)					
34.		B/V	300M I.H.	(4)					
35.	3:35	G/FS	200M	(4)					
36.		B/FS	200M	(4)					
37.	3:50	G/V	200M	(4)					
38.		B/V	200M	(4)					
39.	4:10	G/V	3200M	(1)					
40.		B/V	3200M	(1)					
41.	4:45	G/FS	1600M RELAY	(3)					
42.		B/FS	1600M RELAY	(3)					
43.	5:05	G/V	1600M RELAY	(3)					
44.		B/V	1600M RELAY	(3)					

* ALL RUNNING & FIELD EVENTS
WILL RUN AHEAD OF SCHEDULE
WHENEVER POSSIBLE. ** All field
events will have 27 participants,
except for the Shot Put with 36.