

2009 SACRAMENTO MEET OF CHAMPIONS - ORDER OF EVENTS

REVISED OPEN SESSION ORDER OF EVENTS (11:00 a.m. - 4:30 p.m.)

Event No.	Track Event	Time	Event No.	Field Event	Time
07	F-S Boys' 3200 Meters	11:00 a.m.	01	Boys' Long Jump	11:00 a.m.
08	Girls' 3200 Meters	11:16 a.m.			
09	F-S Boys' 400 Meter Relay	11:33 a.m.	02	F-S Boys' Triple Jump	11:00 a.m.
10	Girls' 400 Meter Relay	11:38 a.m.			
11	Boys' 400 Meter Relay	11:43 a.m.	03	Girls' High Jump	11:00 a.m.
12	Boys' 3200 Meters	11:48 a.m.			
13	Girls' 100 M Hurdles - Heat 1	12:05 p.m.	04	F-S Boys' Pole Vault	11:00 a.m.
	Girls' 100 M Hurdles - Heat 2	12:10 a.m.			
14	F-S Boys' 110 M Hurdles - Heat 1	12:20 a.m.	05	Girls' Shot Put	11:00 a.m.
	F-S Boys' 110 M Hurdles - Heat 2	12:25 a.m.			
15	Boys' 110 M High Hurdles - Heat 1	12:32 a.m.	06	F-S Boys' Discus	11:00 a.m.
	Boys' 110 M High Hurdles - Heat 2	12:37 a.m.			
16	F-S Boys' 400 Meters - Heat 1	12:42 a.m.			
	F-S Boys' 400 Meters - Heat 2	12:47 a.m.			
17	Girls' 400 Meters - Heat 1	12:52 a.m.			
	Girls' 400 Meters - Heat 2	12:57 a.m.			
18	Boys' 400 Meters - Heat 1	1:02 p.m.			
	Boys' 400 Meters - Heat 2	1:07 p.m.			
25	F-S Boys' 100 Meters - Heat 1	1:12 p.m.	19	Girls' Long Jump	1:00 p.m.
	F-S Boys' 100 Meters - Heat 2	1:17 p.m.			
26	Girls' 100 Meters - Heat 1	1:22 p.m.	20	Boys' Triple Jump	1:00 p.m.
	Girls' 100 Meters - Heat 2	1:27 p.m.			
27	Boys' 100 Meters - Heat 1	1:32 p.m.	21	F-S Boys' High Jump	1:00 p.m.
	Boys' 100 Meters - Heat 2	1:37 p.m.			
28	F-S Boys' 800 Meters - Heat 1	1:42 p.m.	22	Boys' Pole Vault	1:00 p.m.
	F-S Boys' 800 Meters - Heat 2	1:49 p.m.			
29	Girls' 800 Meters - Heat 1	1:56 p.m.	23	Boys' Shot Put	1:00 p.m.
	Girls' 800 Meters - Heat 2	2:03 p.m.			
30	Boys' 800 Meters - Heat 1	2:10 p.m.	24	Girls' Discus	1:00 p.m.
	Boys' 800 Meters - Heat 2	2:17 p.m.			
31	F-S Boys' 300 M L Hurdles - Ht. 1	2:24 p.m.			
	F-S Boys' 300 M L Hurdles - Ht. 2	2:30 p.m.			
32	Girls' 300 M Low Hurdles - Heat 1	2:36 p.m.			
	Girls' 300 M Low Hurdles - Heat 2	2:42 p.m.			
33	Boys' 300 M Int. Hurdles - Heat 1	2:48 p.m.			
	Boys' 300 M Int. Hurdles - Heat 2	2:54 p.m.			
39	F-S Boys 1600 Meters	3:01 p.m.	34	F-S Boys' Long Jump	3:00 p.m.
40	F-S Boys' 200 Meters - Heat 1	3:11 p.m.			
	F-S Boys' 200 Meters - Heat 2	3:16 p.m.	35	Girls' Triple Jump	3:00 p.m.
41	Girls' 200 Meters - Heat 1	3:21 p.m.			
	Girls' 200 Meters - Heat 2	3:26 p.m.	36	Boys' High Jump	3:00 p.m.
42	Boys' 200 Meters - Heat 1	3:31 p.m.			
	Boys' 200 Meters - Heat 2	3:46 p.m.	37	F-S Boys' Shot Put	3:00 p.m.
43	Girls' 1600 Meters	3:51 p.m.			
44	Boys' 1600 Meter	4:01 p.m.	38	Boys' Discus	3:00 p.m.
45	F-S Boys' 1600 Meter Relay	4:11 p.m.			
46	Girls' 1600 Meter Relay	4:19 p.m.			
47	Boys' 1600 Meter Relay	4:27 p.m.			

INVITATIONAL SESSION (3:00 p.m. - 8:30 p.m.)

Event No.	Track Event	Time	Event No.	Field Event	Time
55	Women's 400 Meter Relay	5:30 p.m.	48	Women's Pole Vault	3:00 p.m.
56	Men's 400 Meter Relay	5:38 p.m.			
57	Women's 1600 Meters	5:45 p.m.	49	Men's Long Jump	5:00 p.m.
58	Men's 1600 Meters	5:55 p.m.	50	Women's Triple Jump	5:00 p.m.
59	Women's 100 Meter Hurdles	6:05 p.m.	51	Women's High Jump	5:00 p.m.
60	Men's 110 Meter High Hurdles	6:15 p.m.	52	Women's Shot Put	5:00 p.m.
61	Women's 400 Meters	6:20 p.m.	53	Men's Discus	5:00 p.m.
62	Men's 400 Meters	6:25 p.m.			
68	Women's 100 Meters	6:30 p.m.	54	Men's Pole Vault	5:30 p.m.
69	Men's 100 Meters	6:35 p.m.			
70	Women's 800 Meters	6:40 p.m.	63	Women's Long Jump	6:30 p.m.
71	Men's 800 Meters	6:50 p.m.	64	Men's Triple Jump	6:30 p.m.
72	Women's 300 Meter Low Hurdles	7:00 p.m.	65	Men's High Jump	6:30 p.m.
73	Men's 300 Meter Intermediate Hurdles	7:10 p.m.	66	Men's Shot Put	6:30 p.m.
74	Women's 200 Meters	7:17 p.m.	67	Women's Discus	6:30 p.m.
75	Men's 200 Meters	7:23 p.m.			
76	Women's 3200 Meters	7:30 p.m.			
77	Men's 3200 Meters	7:48 p.m.			
78	Women's 1600 Meter Relay	8:05 p.m.			
79	Men's 1600 Meter Relay	8:15 p.m.			