

**2009 NSAA STATE TRACK AND FIELD CHAMPIONSHIPS**  
**May 22-23, 2009--Schedule of Events**  
**Burke Stadium-12200 Burke Blvd., Omaha, NE**

**Friday--Preliminaries except 3200 meter events:** Classes C and A—In this order--Girls Class C, Girls Class A, Boys Class C, Boys Class A. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

9:00 A.M.	3200 Meter Relay Finals
9:55 A.M.	100 Meter High Hurdles
10:10 A.M.	110 Meter High Hurdles
10:25 A.M.	100 Meter Dash
11:05 A.M.	400 Meter Dash
11:40 A.M.	3200 Meter Run Finals
12:40 P.M.	300 Meter Low Hurdles
1:00 P.M.	300 Meter Int. Hurdles
1:15 P.M.	200 Meter Dash

**Classes D and B**—In this order--Girls Class D, Girls Class B, Boys Class D, Boys Class B. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

3:30 P.M.	3200 Meter Relay Finals
4:25 P.M.	100 Meter High Hurdles
4:45 P.M.	110 Meter High Hurdles
5:05 P.M.	100 Meter Dash
5:45 P.M.	400 Meter Dash
6:25 P.M.	3200 Meter Run Finals
7:25 P.M.	300 Meter Low Hurdles
7:45 P.M.	300 Meter Int. Hurdles
8:05 P.M.	200 Meter Dash

**Saturday—FINALS:** All Classes in this order--Girls Class D, Girls Class C, Girls Class B, Girls Class A. The boys will follow in the same order. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

9:30 A.M.	800 Meter Run
10:45 A.M.	400 Meter Relay
12:00 Noon	100 Meter High Hurdles
12:15 P.M.	110 Meter High Hurdles
12:30 P.M.	100 Meter Dash
12:55 P.M.	400 Meter Dash

**Intermission**

2:00 P.M.	1600 Meter Run
3:10 P.M.	300 Meter Low Hurdles
3:25 P.M.	300 Meter Int. Hurdles
3:40 P.M.	200 Meter Dash
4:10 P.M.	1600 Meter Relay

**FIELD EVENTS**

Event	Boy/Girl	CLASS A	CLASS B	CLASS C	CLASS D
<b>Long Jump</b>	◆Boys	8:30 a.m. Sat.	3:00 p.m. Sat.	1:00 p.m. Sat.	11:00 a.m. Sat.
	*Girls	11:00 a.m. Fri.	3:00 p.m. Fri.	9:00 a.m. Fri.	5:30 p.m. Fri.
<b>Triple Jump</b>	◆Boys	9:00 a.m. Fri.	6:00 p.m. Fri.	12:00 noon Fri.	3:00 p.m. Fri.
	*Girls	1:30 p.m. Sat.	11:00 a.m. Sat.	3:30 p.m. Sat.	8:30 a.m. Sat.
<b>Shot Put</b>	◆Boys	9:00 a.m. Fri.	5:30 p.m. Fri.	11:00 a.m. Fri.	3:30 p.m. Fri.
	*Girls	11:00 a.m. Sat.	1:00 p.m. Sat.	8:30 a.m. Sat.	3:00 p.m. Sat.
<b>Discus</b>	◆Boys	1:00 p.m. Sat.	11:00 a.m. Sat.	3:00 p.m. Sat.	8:30 a.m. Sat.
	*Girls	12:00 noon Fri.	3:00 p.m. Fri.	9:00 a.m. Fri.	5:30 p.m. Fri.
<b>High Jump</b>	◆Boys	12:00 noon Fri.	3:00 p.m. Fri.	9:00 a.m. Fri.	5:30 p.m. Fri.
	*Girls	8:30 a.m. Sat.	3:00 p.m. Sat.	10:30 a.m. Sat.	1:00 p.m. Sat.
<b>Pole Vault</b>	◆Boys	9:00 a.m. Fri.	9:00 a.m. Sat.	1:00 p.m. Sat.	3:30 p.m. Fri.
	*Girls	9:00 a.m. Sat.	3:30 p.m. Fri.	9:00 a.m. Fri.	1:00 p.m. Sat.