

2009 TRACK & FIELD MEET SCHEDULES AT RAPID CITY, SPEARFISH & STURGIS
 Class "B" Preliminaries at Rapid City; Class "A" Preliminaries at Spearfish
 Class "AA" Preliminaries at Sturgis; Class "B", "A", "AA" Finals at Rapid City

1st Session – RAPID CITY AND SPEARFISH - MAY 29, 2009

9:30 a.m. Field Events and 10:00 a.m. Running Events

10:00	Girls 100m Inter. Hurdles – Prelims	9:30	"B" "A" Boys Pole Vault
10:15	Boys 110m High Hurdles – Prelims		"A" Boys High Jump
10:30	BOYS 3200m RELAY – FINALS		"A" Girls Long Jump
11:00	Girls 100m Dash – Prelims		"B" Boys Shot Put
11:15	Boys 100m Dash – Prelims		"B" Girls High Jump
11:30	GIRLS 3200m RELAY – FINALS		
11:55	Girls 100m Dash – Semis	11:30	"B" Boys Triple Jump
12:05	Boys 100m Dash – Semis		"A" Boys Long Jump
12:15	Girls 800m Relay – Prelims		"B" "A" Girls Discus
12:30	Boys 800m Relay – Prelims		

1st SESSION – STURGIS – MAY 29, 2009

10:30 a.m. Field Events and 11:00 a.m. Running Events

11:00	Girls 100m Inter. Hurdles – Prelims	10:30	"AA" Boys Pole Vault
11:15	Boys 110m High Hurdles – Prelims		"AA" Girls Long Jump
11:30	BOYS 3200m RELAY – FINALS		"AA" Boys Shot Put
11:50	Girls 100m Dash – Prelims		
12:00	Boys 100m Dash – Prelims	12:30	"AA" Girls Discus
12:10	GIRLS 3200m RELAY – FINALS		"AA" Boys Long Jump
12:30	Girls 800m Relay – Prelims		
12:45	Boys 800m Relay – Prelims		

2nd SESSION – ALL SITES – MAY 29, 2009

2:00 p.m. Field Events and 2:30 p.m. Running Events

2:30	Girls 400m Relay – Prelims	2:00	"B" "A" "AA" Girls Pole Vault
2:40	Boys 400m Relay – Prelims		"B" Boys High Jump
2:50	Girls 400m Dash – Prelims		"B" "A" "AA" Boys Discus
3:00	Boys 400m Dash – Prelims		"A" "AA" Girls Triple Jump
3:15	Girls 300m Low Hurdles – Prelims		
3:30	Boys 300m Inter. Hurdles – Prelims		
3:45	Girls Medley Relay – Prelims	4:00	"B" "AA" Girls Shot Put
4:00	Boys Medley Relay – Prelims		"B" Girls Triple Jump
4:15	GIRLS 800m RUN – FINALS		"A" Girls High Jump
4:25	BOYS 800m RUN – FINALS		"A" "AA" Boys Triple Jump
4:35	Girls 200m Dash – Prelims		
4:50	Boys 200m Dash – Prelims		
5:05	GIRLS 3200m RUN – FINALS		
5:25	BOYS 3200m RUN – FINALS		
5:40	Girls 1600m Relay – Prelims		
6:00	Boys 1600m Relay – Prelims		

FINAL SESSION – RAPID CITY – MAY 30, 2009

9:00 a.m. Field Events and 9:30 a.m. Running Events

9:30	"B" "A" "AA" Girls 100m Inter. Hurdles	9:00	"B" Boys Long Jump
9:45	"B" "A" "AA" Boys 110m High Hurdles		"A" Boys Shot Put
10:00	"B" "A" "AA" Girls 100m Dash		"AA" Girls High Jump
10:15	"B" "A" "AA" Boys 100m Dash		
10:30	"B" "A" "AA" Girls 800m Relay		
10:45	"B" "A" "AA" Boys 800m Relay		
11:00	"B" "A" "AA" Girls 1600m Run	11:30	"B" Girls Long Jump
11:20	"B" "A" "AA" Boys 1600m Run		"A" Girls Shot Put
11:45	"B" "A" "AA" Girls 400m Relay		"AA" Boys High Jump
11:55	"B" "A" "AA" Boys 400m Relay		
12:10	"B" "A" "AA" Girls 400m Dash		
12:25	"B" "A" "AA" Boys 400m Dash		
12:40	"B" "A" "AA" Girls 300m Low Hurdles		
12:55	"B" "A" "AA" Boys 300m Inter. Hurdles		
1:10	"B" "A" "AA" Girls Medley Relay		
1:25	"B" "A" "AA" Boys Medley Relay		
1:45	"B" "A" "AA" Girls 200m Dash		
2:00	"B" "A" "AA" Boys 200m Dash		
2:10	DISTINGUISHED SERVICE AWARDS, NFOA TRACK OFFICIAL'S AWARD, 25 YEAR COACHES AWARDS, 25 YEAR OFFICIALS AWARDS, SPECIAL OLYMPICS MEDAL PRESENTATION		
2:25	"B" "A" "AA" Girls 1600m Relay		
2:40	"B" "A" "AA" Boys 1600m Relay		