

2012 NORTHERN REGION INDOOR TRACK CHAMPIONSHIP

Order of Events

7:00 am	Field House Opens
7:30 am	Coaches Meeting
8:00 am	Weigh-in Girls Vaulters

Field Events

8:30 am	Girls High Jump (Sammy)- followed by Boys HJ (Miles, Nick, Jason)
8:30 am	Boys Shot Put (Zach, Brandon) - followed by Girls Shot Put (Lyzan)
8:30 a.m.	Boys Long Jump (Arthur, Emeka) - followed by Girls LJ (Lauren)
9:30 a.m.	Girls PoleVault (Lauren, Valerie)-followed by Boys PoleVault (Miles)
11:00 a.m.	Weigh-in -Boys Vaulters
11:45 a.m.	Boys Triple Jump(Arthur, Emeka) - followed by Girls TJ(Lauren)

RUNNING TRIALS

12:00 p.m.	*Girls 55m Hurdle (Semi-Finals) (Lauren)
12:10 p.m.	*Boys 55m Hurdle (Semi-Finals) (Miles, Eric)
12:20 p.m.	*Girls 55m Dash (Semi-Finals) (Lauren??)
12:30 p.m.	*Boys 55m Dash (Semi-Finals) (Miles??, Eric??)

* **HEAT WINNERS + 8 FASTEST TIMES TO FINALS**

RUNNING FINALS

1:00 p.m.	Girls 3200m Relay (Ally, Samantha, Nora, Kendall- Carolyn-alt)
1:15 p.m.	Boys 3200m Relay
1:25 p.m.	**Girls 55m Hurdle Finals (Lauren??)
1:35 p.m.	**Boys 55m Hurdle Finals (Miles ??, Eric??)
1:45 p.m.	**Girls 55m Dash Finals
1:55 p.m.	**Boys 55m Dash Finals
2:05 p.m.	Girls 800m Relay - Sections on Time
2:15 p.m.	Boys 800m Relay - Sections on Time
2:25 p.m.	Girls 1600m Run - Section I
	Girls 1600m Run - Section II
2:35 p.m.	Boys 1600m Run - Section I
	Boys 1600m Run - Section II (Sean, Logan)
2:45 p.m.	Girls 500m Run - Sections on Time
2:55 p.m.	Boys 500m Run - Sections on Time
3:05 p.m.	Girls 1000m Run - Sections on Time (Kendall)
3:15 p.m.	Boys 1000m Run - Sections on Time
3:25 p.m.	Girls 300m Dash - Sections on Time
3:35 p.m.	Boys 300m Dash - Sections on Time
3:45 p.m.	## Girls 3200m Run - Section I
	Girls 3200m Run - Section II
4:10 p.m.	## Boys 3200m Run - Section I
	Boys 3200m Run - Section II (Sean, Logan)
4:35 p.m.	Girls 1600m Relay - Sections on Time
4:50 p.m.	Boys 1600m Relay - Sections on Time
5:05 p.m.	Presentation of Awards

****TWO-HEAT FINALS/TOP 8 FINAL TIMES PLACE (TIMES 7-12 IN 1ST HEAT, TIMES 1-6 IN 2ND HEAT)**

If 18 or less check in, 3200M race will only be 1 section