

# BOULDER COUNTY TRACK AND FIELD CHAMPIONSHIPS

Monday April 20, 2009  
Elizabeth Kennedy Stadium  
Broomfield High School  
Plan C

## OFFICIAL SCHEDULE OF EVENTS

11:30 Scratch meeting, location TBA

12:00 p.m. Opening Ceremonies-----All athletes in team camps in West Bleachers  
Raising of Flag, National Anthem, Awarding of Scholarships, Introduction of  
Honorary Referee, Honorary Coach, Introduction of Coaches/Teams

12:30 Shot and Discus weigh-ins (North concession stand) Girls pole vault check in and  
certification. (At the event)

### FIELD EVENTS

1:00 p.m. Girls Shot, Girls Long Jump, Girls Pole Vault, followed by boys  
Boys Discus, Triple Jump, Boys High Jump followed by girls  
Jumpers and throwers will be given 4 throws or jumps, High Jump and Pole Vault jump  
until conclusion

### RUNNING EVENTS: All Running Events are Heats Against Time

1:30 p.m. Girls 800 M. Medley Relay

1:40 p.m. Girls 4 X 800 M. Relay

1:50 p.m. Boys 4 X 800 M Relay

2:05 p.m. Girls 100 M High Hurdles

2:20 p.m. Boys 110 M High Hurdles

2:35 p.m. Girls 100 M Dash

2:50 p.m. Boys 100 M Dash

3:05 p.m. Girls 4 X 200 M Relay

3:15 p.m. Boys 4 X 200 M Relay

3:25 p.m. Girls 1600 M Run

3:45 p.m. Boys 1600 M Run

4:00 p.m. Girls 4 X 100 M Relay

4:10 p.m. Boys 4 X 100 M Relay

4:20 p.m. Girls 400 M Dash

4:40 p.m. Boys 400 M Dash

5:00p.m. Girls 300 M Low Hurdles

5:15 p.m. Boys 300 M Intermediate Hurdles

5:30 p.m. Girls 800 M Run

5:40 p.m. Boys 800 M Run

5:50 p.m. Girls 200 M Dash

6:05 p.m. Boys 200 M Dash

6:20 p.m. Girls 3200 M Run

6:35 p.m. Boys 3200 M Run

6:50 p.m. Girls 4 X 400 M Relay

7:00 p.m. Boys 4 X 400 M Relay

7:15p.m. **Coaches submit nominations for MVA and Outstanding Performances**

7:30 p.m. Awards---Team awards, MVA, Outstanding Performance, Lonnie Nixon, Bob Charles  
Award