

# FRONT RANGE LEAGUE CHAMPIONSHIPS

## May 8<sup>th</sup> 2009

### TEAMS

**Boulder, Fairview, Northglenn, Legacy, Mountain Range, Horizon, Ft. Collins, Loveland, Poudre, Monarch, Thornton, Rocky Mountain**

### Meet Schedule

11:15 am Coaches/Scratch Meeting (North Home Locker room)

### Field Events

12:00pm

<b>Shot Put</b>	Girls	Boys	Follow
<b>Discus</b>	Boys	Girls	Follow
<b>High Jump</b>	Boys	Girls	Follow
<b>Pole Vault</b>	Boys	Girls	Follow
<b>Long Jump</b>	Girls	Boys	Follow
<b>Triple Jump</b>	Boys	Girls	Follow

### Running Events

**(All times are approximate; the meet will run as swiftly as possible.) (We will run ahead of schedule.)**  
(Girls events will be run first)

1:00 pm	800m Medley Relay (girls 2 heats)
1:10 pm	3200m relay (2 heats, 1 girls 1 boys)
1:30 pm	100/110m Hurdles (12 heats, 6 girls 6 boys)
1:50 pm	100m (12 heats, 6 girls 6 boys)
2:10 pm	800m relay (4 heats, 2 girls 2 boys)
2:30 pm	1600m (4 heats, 2 girls 2 boys) (could go with 2 heats depending on numbers)
3:00 pm	400m relay (4 heats, 2 girls 2 boys)
3:30 pm	400m (12 heats, 6 girls 6 boys)
4:10 pm	300m Hurdles (12 heats 6 girls 6 boys)
5:00 pm	800m (4 heats, 2 girls 2 boys)
5:30 pm	200m (12 heats, 6 girls 6 boys)
6:10 pm	3200m (4 heats, 2 girls 2 boys) (could go with 2 heats depending on numbers)
6:40 pm	1600m relay (4 heats, 2 girls 2 boys)
7:10 pm	AWARDS PRESENTATION IN THE PRESS BOX