

CIF PRELIMS - DIVISION III @ Estancia High School

SATURDAY, MAY 16, 2009

Estancia High School 2323 Placentia Ave., Costa Mesa, CA 92627

Directions: on the back

Any problems with directions, call Coach Witt at 714-488-7787

ORDER OF EVENTS*

*** Time schedule is approximate. Athletes should show up at least 1 1/2 hours before time of event**

12:00	Girls 400m Relay	Jo Stewart, Diamond Sorsby, Natasha Coyle, Ashley Bush (Alt: Savannah Brown)
12:20	Boys 400m Relay	No Participants
12:40	Girls 1600m	Marychristine Rivero
1:00	Boys 1600m	Josh Eckheart
1:20	Girls 100m HH	No Participants
1:35	Boys 110m HH	No Participants
1:50	Girls 400m	No Participants
2:05	Boys 400m	No Participants
2:20	Girls 100m	Ashley Bush
2:35	Boys 100m	No Participants
2:50	Girls 800m	Marychristine Rivero
3:05	Boys 800m	No Participants
3:25	Girls 300m LH	No Participants
3:40	Boys 300m IH	No Participants
4:00	Girls 200m	Ashley Bush
4:15	Boys 200m	No Participants
4:30	Girls 3200m	No Participants
5:00	Boys 3200m	No Participants
5:30	Girls 1600m Relay	No Participants
6:00	Boys 1600m Relay	No Participants

FIELD EVENTS

11:00	Boys Discus	James Carr
11:00	Girls Shot Put	No Participants
approx. 2:30	Girls Discus	No Participants
approx. 2:30	Boys Shot Put	No Participants

ALL THROWING EVENTS...

1. 15 minute warm up before flight. Maximum 3 practice throws!
2. 9 Athletes per flight. Top 9 athletes - 1st Flight, etc.

11:00	Boys Long Jump**	No Participants
11:00	Girls Long Jump**	Jo Stewart
11:00	Boys High Jump*	No Participants
approx. 2:30	Girls High Jump*	Claire Kimberly

* High Jump: ALL athletes report one hour before the scheduled start time.

approx. 2:30	Boys Triple Jump**	No Participants
approx. 2:30	Girls Triple Jump**	Natasha Coyle, Diamond Sorsby

** Triple Jump / Long Jump - Run throughs begin 20 minutes before your flight!
Disqualified if not checked in at least 5 min prior to first jump in your flight

Throwers

Jumpers