

11th Annual 2009 California Home School Sports Track & Field Invitational Order of Events

Roosevelt High School Tues May 19th

Warm Ups Begin at 4:00pm. Track Meet Begins at 4:30 pm

1. All Divisions 800m Run (One or Two Races)
2. All Divisions 4x100m Relay
3. 8,10 Girls/Boys 50m Dash (Heats as needed)
4. Fr, JV, Var Girls 100m Int Hurdles
5. Fr, JV, Var Boys 110m High Hurdles
6. All Divisions 400m Run
7. All Divisions 100m Sprint (Heats as needed)
8. Fr, JV, Var Boys 300 Low Hurdles
9. Finals if needed 50m &/or 100m (Finals as needed)
10. All Divisions 1600m Run (One Race)
11. All Divisions 200m
12. 4 x 400m if requested prior to event day

Field Events (approximate times listed below) Warm up are to be done prior to 4:30pm

Long Jump	4:30 – 7:00pm	3 jumps each
Triple Jump	6:00 – 7:00pm	3 jumps each
Pole Vault	5:00 – 6:30pm	3 attempts at each height if needed
Shot Put	4:30 – 6:00pm	3 attempts each
High Jump	Begins at 4:30 at 2'6 for 10 & Under and 8 & under 3 jumps at each height if needed Bar raised approx 2" at a time. Do not miss your height as it rises.	

Updated April 13, 2009