

Nor-Cal Finals at Diablo Valley College

Friday, 8 May, 2009 - Schedule of Events

as of 3 May at 3:30pm

Field Events:

11:30am-Women's High Jump *opening height at 1.35m*

11:30am-Men's Long Jump

11:30am-Women's Hammer

11:30am-Men's Javelin

1:30pm-Women's Long Jump

1:30pm-Women's Pole Vault *opening height 2.40m*

1:30pm-Women's Javelin

1:30pm-Men's Hammer

2:00pm-Men's High Jump *opening height at 1.80m*

3:30pm-Men's Pole Vault *opening height at 3.60m*

3:30pm-Women's Shot Put

3:30pm-Men's Discus

3:30pm-Men's Triple Jump

5:30pm-Women's Triple Jump

5:30pm-Women's Discus

5:30pm-Men's Shot Put

Running Events:

4:45pm-Women's 3000m Steeple

National Anthem

5:05pm-Men's 3000m Steeple (*2 heats*)

5:40pm-Women's 4 X 100 Relay

5:45pm-Men's 4 X 100 Relay

5:55pm-Women's 1500m run

6:05pm-Men's 1500m run

6:15pm-Women's 100m hurdles

6:25pm-Men's 110m hurdles

6:35pm-Women's 400m dash

6:40pm-Men's 400m dash

6:50pm-Women's 100m dash

6:55pm-Men's 100m dash

7:05pm-Women's 800m run

7:10pm-Men's 800m run

Cross Country Coach of the Year & Retiring Coaches Awards

7:25pm-Women's 400m hurdles

7:35pm-Men's 400m hurdles

7:45pm-Women's 200m dash

7:50pm-Men's 200m dash

7:55pm-Women's 5000m run

8:20pm-Men's 5000m run

8:40pm-Women's 4 X 400m Relay

8:45pm-Men's 4 X 400m Relay

Awards