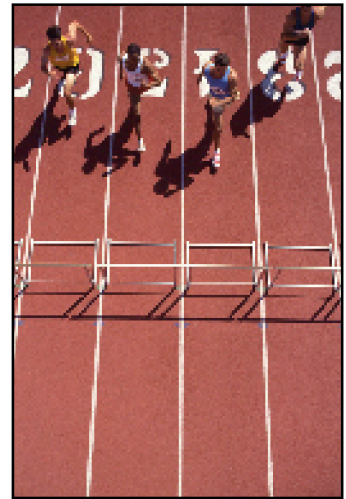


2009 STATE ASAA/First National Bank Alaska Track & Field Championships

**MAY 22-23
LATHROP HIGH SCHOOL**



THURSDAY MAY 21

6:00pm Coaches Meeting at cafeteria at Lathrop High School

FRIDAY MAY 22

FIELD EVENTS

9:00 am 123A Boys Shot Put (finals)
123A Girls Discus (finals)
123A Girls Triple Jump (finals)
4A Girls Triple Jump (prelims & finals)

9:00am Boys High Jump (both 123A and 4A)

10:00am 4A Boys Shot Put (prelim & finals)
4A Girls Discus (prelim & finals)

11:30am 123A Boys Triple Jump (finals)
4A Boys Triple Jump (prelim & finals)

11:30am Girls High Jump (prelim & finals)

RUNNING EVENTS

Finals only

11:00am 123A Girls 3200 meters
11:25am 123A Boys 3200 meters
11:50am 4A Girls 3200 meters
12:15pm 4A Boys 3200 meters

Preliminary Heats (2 per event)

1:00pm 4A Girls 100m Hurdles
1:20pm 4A Boys 110m Hurdles
1:30pm 4A Girls 100 meters
1:40pm 4A Boys 100 meters
1:50pm 4A Girls 400 meters
2:00pm 4A Boys 400 meters
2:15pm 4A Girls 300 m Hurdles
2:30pm 4A Boys 300m Hurdles
2:45pm 4A Girls 800 meters
2:55pm 4A Boys 800 meters
3:10pm 4A Girls 200 meters
3:20pm 4A Boys 200 meters

SATURDAY MAY 23

FIELD EVENTS

9:00 am	123A Girls Shot Put (finals) 123A Boys Discus (finals) 123A Girls Long Jump (finals) 123A Boys Long Jump (finals)	10:00am	4A Girls Shot Put (prelim & finals) 4A Boys Discus (prelim & finals) 4A Girls Long Jump (prelim & finals) 4A Boys Long Jump (prelim & finals)
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RUNNING EVENTS

10:00am	123A Girls 4x800 meter Relay	1:50pm	123A Girls 4x100 meter Relay
10:15am	4A Girls 4x800 meter Relay	2:00pm	4A Girls 4x100 meter Relay
10:30am	123A Boys 4x800 meter Relay	2:10pm	123A Boys 4x100 meter Relay
10:45am	4A Boys 4x800 meter Relay	2:20pm	4A Boys 4x100 meter Relay
11:05am	123A Girls 100 meter Hurdles	2:30pm	123A Girls 400 meters
11:10am	4A Girls 100 meter Hurdles	2:40pm	4A Girls 400 meters
11:25am	123A Boys 110 meter Hurdles	2:50pm	123A Boys 400 meters
11:30am	4A Boys 110 meter Hurdles	3:00pm	4A Boys 400 meters
11:45am	123A Girls 100 meters	3:15pm	123A Girls 300 meter Hurdles
11:50am	4A Girls 100 meters	3:20pm	4A Girls 300 meter Hurdles
12:05pm	123A Boys 100 meters	3:30pm	123A Boys 300 meter Hurdles
12:10pm	4A Boys 100 meters	3:35pm	4A Boys 300 meter Hurdles
12:25pm	123A Girls 4x200 meter Relay	3:50pm	123A Girls 800 meters
12:35pm	4A Girls 4x200 meter Relay	3:55pm	4A Girls 800 meters
12:50pm	123A Boys 4x200 meter Relay	4:05pm	123A Boys 800 meters
1:00pm	4A Boys 4x200 meter Relay	4:10pm	4A Boys 800 meters
1:10pm	123A Girls 1600 meters	4:25pm	123A Girls 200 meters
1:20pm	4A Girls 1600 meters	4:30pm	4A Girls 200 meters
1:30pm	123A Boys 1600 meters	4:40pm	123A Boys 200 meters
1:40pm	4A Boys 1600 meters	4:45pm	4A Boys 200 meters
		5:00pm	123A Girls 4x400 meter Relay
		5:10pm	4A Girls 4x400 meter Relay
		5:20pm	123A Boys 4x400 meter Relay
		5:30pm	4A Boys 4x400 meter Relay