

# 2012 DFAL Track & Field Championships

## DETAILED RUNNING EVENT SCHEDULE

### FROSH SOPH, TUESDAY

Check-in	Walk-in	Start	Event
3:45	3:55	4:00	Girls 4x100 Meter Relay (1 heat)
3:50	4:00	4:05	Boys 4x100 Meter Relay (1 heat)
3:55	4:05	4:10	Girls 1600 Meter Run (2 heats)
4:10	4:20	4:25	Boys 1600 Meter Run (2 heats)
4:30	4:40	4:45	Girls 100 Meter Hurdles (2 heats)
4:40	4:50	4:55	Boys 110 Meter Hurdles (2 heats)
4:50	5:00	5:05	Girls 400 Meter Dash (2 heats)
5:00	5:10	5:15	Boys 400 Meter Dash (3 heats)
5:15	5:25	5:30	Girls 100 Meter Dash (3 heats)
5:30	5:40	5:45	Boys 100 Meter Dash (3 heats)
5:45	5:55	6:00	Girls 800 Meter Run (2 heats)
5:55	6:05	6:10	Boys 800 Meter Run (2 heats)
6:10	6:20	6:25	Girls 300 Meter Hurdles (1 heat)
6:15	6:25	6:30	Boys 300 Meter Hurdles (2 heats)
6:25	6:35	6:40	Girls 200 Meter Dash (3 heats)
6:40	6:50	6:55	Boys 200 Meter Dash (3 heats)
6:55	7:05	7:10	Girls 3200 Meter Run (1 heat)
7:10	7:20	7:25	Boys 3200 Meter Run (1 heat)
7:25	7:35	7:40	Girls 4x400 Meter Relay (1 heat)
7:35	7:45	7:50	Boys 4x400 Meter Relay (1 heat)

### VARSITY TRIALS, WEDNESDAY

Check-in	Walk-in	Start	Event
4:45	4:55	5:00	Girls 1600 Meter Run (2 heats)
5:00	5:10	5:15	Boys 1600 Meter Run (2 heats)
5:20	5:30	5:35	Girls 100 Meter Hurdles (3 heats)
5:35	5:45	5:50	Boys 110 Meter Hurdles (2 heats)
5:45	5:55	6:00	Girls 400 Meter Dash (2 heats)
5:55	6:05	6:10	Boys 400 Meter Dash (3 heats)
6:10	6:20	6:25	Girls 100 Meter Dash (3 heats)
6:25	6:35	6:40	Boys 100 Meter Dash (3 heats)
6:40	6:50	6:55	Girls 800 Meter Run (2 heats)
6:50	7:00	7:05	Boys 800 Meter Run (3 heats)
7:10	7:20	7:25	Girls 300 Meter Hurdles (3 heats)
7:25	7:35	7:40	Boys 300 Meter Hurdles (3 heats)
7:40	7:50	7:55	Girls 200 Meter Dash (3 heats)
7:55	8:05	8:10	Boys 200 Meter Dash (3 heats)

## **VARSITY FINALS, FRIDAY**

<b>Check-in</b>	<b>Walk-in</b>	<b>Start</b>	<b>Event</b>
4:45	4:50	5:00	Girls 4x100 Meter Relay
4:53	4:58	5:08	Boys 4x100 Meter Relay
5:02	5:07	5:17	Girls 1600 Meter Run
5:13	5:18	5:28	Boys 1600 Meter Run
5:25	5:30	5:40	Girls 100 Meter Hurdles
5:32	5:37	5:47	Boys 110 Meter Hurdles
5:40	5:45	5:55	Girls 400 Meter Dash
5:47	5:52	6:02	Boys 400 Meter Dash
5:55	6:00	6:09	Girls 100 Meter Dash
6:01	6:06	6:15	Boys 100 Meter Dash
6:07	6:12	6:22	Girls 800 Meter Run
6:14	6:19	6:29	Boys 800 Meter Run
6:23	6:28	6:38	Girls 300 Meter Hurdles
6:30	6:35	6:45	Boys 300 Meter Hurdles
6:38	6:43	6:53	Girls 200 Meter Dash
6:45	6:50	7:00	Boys 200 Meter Dash
6:53	6:58	7:08	Girls 3200 Meter Run
7:10	7:15	7:25	Boys 3200 Meter Run
7:25	7:30	7:40	Girls 4x400 Meter Relay
7:35	7:40	7:50	Boys 4x400 Meter Relay

### **MEET PERSONNEL:**

**Meet Director:** Chuck Woolridge

**Announcer:** Chris Walsh

**Meet Referee:** Linda Sawyer

**Awards:** Las Lomas

**Head Umpire:** Alison Adams

**Block/Hurdle Crew:** Campolindo

**Umpires:** Doyle O'Regan, Tony Kauke

**Weigh-ins:** Alhambra

**Starter:** Manny Myers

**Long Jump:** Las Lomas

**Recall Starter:** Dennis Rivers

**Triple Jump:** Dougherty Valley

**Zone Judges:** Dublin, Miramonte

**High Jump:** Miramonte

**Clerk of Course:** Acalanes

**Pole Vault:** Las Lomas

**Start/Finish Coordinator:** Miramonte

**Shot Put:** Alhambra

**Lynx Operators:** Dublin, Campolindo

**Discus:** Las Lomas / Campolindo /  
Dougherty Valley