

April 21, 2012 – Northern California Frosh/Soph Championships @ Dublin High School, Dublin
^ALL ATHLETES MUST ARRIVE 2 HOURS PRIOR TO SCHEDULED TIME OF THEIR 1st EVENT^

Open Running Events

<u>Time*</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
9:10	Girls 1600 Heat 1	Villanueva	8:20
9:21	Girls 1600 Heat 2	Dias, Gomez, Gurusiddaiah & Ngo	8:35
9:45	Boys 1600 Heat 1	Ronquillo	8:55
9:52	Boys 1600 Heat 2	Hearne	4x100m Relay
9:59	Boys 1600 Heat 3	Register & Yeshiwas	Girls 1600 Heat 1
10:06	Boys 1600 Heat 4	Lee, Sahota & Warzyniak	Girls 1600 Heat 1
10:13	Boys 1600 Heat 5	Marimuthu	Girls 1600 Heat 2
10:35	Girls 400	Everts & Marshall	Boys 1600 Heat 2
10:55	Boys 400	Lee	Boys 1600 Heat 5
11:20	Girls 100	Bains & Leca	Girls 400
11:45	Boys 100	Fong, Forshey & Lockett	Boys 400
12:29	Girls 800 Heat 2	Nolan	Girls 100
12:50	Boys 800 Heat 3	Europa	Boys 100
12:55	Boys 800 Heat 4	An	Boys 100
1:30	Girls 200	Everts, Leca & Marshall	Boys 800 Heat 2
2:10	Boys 200	Fong, Forshey, Lee & Lockett	Girls 200
2:40	Girls 3200	Kakarla & Veeragandham	Girls 200
3:00	Boys 3200 Heat 1	Cheung, Shahbaz & Singh	Boys 200
3:35	Girls 4x400	B (Gomez-Everts-Marshall-Bains) Alt (Ngo, Dias & Villanueva)	Girls 3200
3:40	Boys 4x400	A (Europa-Fong-An-Ben) B (Warzyniak-Thomas-Sahota-Forshey) C (Hearne-Register-Yeshiwas-Ronquillo)	Boys 3200 Heat 1

* - Times are approximations. We will get ahead of schedule so pay attention to what is going on.

Open Field Events

<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
8:00	Boys Pole Vault	Bennett, Elazegui, Sahota & Yau	See Coach
9:00	Boys Discus	Alvarez, Bragar, Park, Rivera & Tamayo Vazquez	See Coach
9:00	Girls Shot Put	Atendido & Maghrbi	See Coach
9:00	Girls Long Jump Flight 2	Bains & Everts	8:15 & last attempt of 1 st Flight
9:00	Boys Long Jump Flight 1	Lockett	8:15
9:00	Girls High Jump	Bains	8:15
After Boys Discus	Girls Discus	Atendido & Maghrbi	See Coach
After Girls Shot Put	Boys Shot Put	Alvarez, Bragar, Park, Rivera & Tamayo Vazquez	See Coach
After Boys Long Jump	Boys Triple Jump Flight 1	Lockett	Last Attempt of 2 nd Flight of Boys Long Jump

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Seeded/Invitational Running Events

<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
5:04	Girls Invitational 4x100m Relay	Tran-Kelley-Moon-Patterson	4:30
5:08	Boys Seeded 4x100m Relay	Millinder-Camacho-Jefferson-Egbujor	4:35
5:15	Girls Invitational 1600m	Colwell	4:25
5:25	Boys Invitational 1600m	Schmidt	4:35
5:40	Girls Invitational 100mH	Moon	4:55
5:45	Boys Seeded 110mH	Egbujor	5:00
6:20	Boys Invitational 800m	Lu & Lyons	5:30
6:35	Girls Invitational 300mH	Moon	6:05
6:40	Boys Seeded 300mH	Egbujor	6:10
7:00	Girls Invitational 3200	Colwell	6:15
7:35	Girls Seeded 4x400m Relay	Tran-Kelley-Patterson-Bruce	7:05

Invitational Field Events

<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
4:30	Boys Invitational Long Jump	Millinder	4:00
4:30	Boys Invitational High Jump	Millinder	4:00
6:30	Girls Invitational Triple Jump	Moon	6:00
6:30	Boys Invitational Pole Vault	Alhino	See Coach
6:30	Girls Invitational High Jump	Bruce	See Coach

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