

**VALLEY ROYALS HIGH SCHOOL MEET—MAY 2, 2009**  
**REVISED SCHEDULE AS OF April 29, 2009**

1. 4x100m Relay HS Girls/Open 12:00 pm
2. 4x100m Relay HS Boys/Open 12:10 pm
3. no heats for Grade 8 boys 100m
4. no heats for grades 8-9 girls 100
5. 100m heats Gr 9-10 Boys 12:20 pm
6. no heats for Gr 10, 11, 12 girls 100m
7. no heats for grades 11, 12 boys 100m
8. 1500m Gr. 9/10 Boys final 12:30 pm
9. 1500m Gr. 8/9 Girls final 12:40 pm
10. 1500m Gr. 10/11/12 Girls final 12:40 pm

**Events 9-10 to be run together**

11. 1500m Gr. 11/12 Boys final 12:50 pm
12. 400m Gr. 8 Boys timed Final 1:05 pm
13. 400m Gr. 8/9 Girls timed Final 1:05 pm

**Events 12 & 13 will be run together**

14. 400m Gr. 9/10 Boys timed final 1:15 pm
15. 400m Gr. 10/11/12 Girls timed final 1:22 pm
16. 400m Gr. 11/12 Boys timed final 1:30 pm
- 100m Gr. 8 Boys final 1:40 pm
- 100m Gr. 8/9 Girls final 1:50 pm
- 100m Gr. 9/10 Boys final 2:00 pm
- 100m Gr. 10/11/12 Girls final 2:07 pm
- 100m Gr. 11/12 Boys final 2:15 pm
17. 300mH Gr. 8 Boys final 2:25 pm
18. 300mH Gr. 8/9 Girls final 2:25 pm

**Events 17-18 will be run together**

19. 300mH Gr. 9/10 Boys final 2:35 pm
20. 300mH Gr. 10/11/12 Girls final 2:45 pm
21. 300mH Gr. 11/12 Boys final 2:55 pm
22. \*200m Gr. 8 Boys Timed final 3:20 pm

**Will run with Grade 9, 10 Boys**

23. 200m Gr. 8/9 Girls timed final 3:10 pm
24. \*200m Gr. 9/10 Boys timed final 3:20 pm
25. 200m Gr. 10/11/12 Girls timed final 3:30 pm
26. 200m Gr. 11/12 Boys timed Final 3:37 pm
27. 800m Gr. 8 Boys final 3:45 pm
28. 800m Gr. 8/9 Girls final 3:52 pm Will  
hold events 27-28 together
29. 800m Gr. 9/10 Boys final 4:00 pm
30. 800m Gr. 10/11/12 Girls final 4:07 pm
31. 800m Gr. 11/12 Boys final 4:15 pm

**32. Girls steeplechase cancelled**

**33. Boys steeplechase cancelled**

**FIELD EVENTS**

34. Javelin Gr. 11/12 Boys 11:45 pm
35. Javelin 10, 11, 12 Girls 2:45 pm
36. Pole Vault 10, 11, 12 Girls 12:30 pm
37. Pole Vault Jr. & Sr. Boys 2:30 pm
38. Grade 8 boys long jump cancelled
39. Long Jump Gr. 9/10 Boys 1:00 pm
40. Long Jump Gr. 11/12 Boys 2:00 pm
41. Long Jump Gr. 8/9 Girls 3:00 pm
42. Long Jump Gr. 10/11/12 Girls 4:00 pm
43. Hammer Girls—10, 11, 12 12:00 pm
44. Hammer Boys—11, 12 1:00 pm
45. Shot Put Gr. 8 Boys 1:45 pm
46. Shot Put Gr. 9/10 Boys 1:45 pm

**Events 45 & 46 will be held at same time**

47. Shot Put Gr. 8/9 Girls 2:30 pm
48. Shot Put Gr. 10/11/12 Girls 3:15 pm
49. Shot Put Gr. 11/12 Boys 4:15 pm
50. High Jump Gr. 8 Boys 1:00 pm
51. High Jump Gr. 9/10 Boys 1:00 p.m.
52. High Jump Gr. 11/12 Boys 1:00 pm

**Events 50, 51, 52 will be held at same time**

53. High Jump Gr. 8/9 Girls 3:00 pm
54. High Jump Gr. 10/11/12 Girls 3:00 pm
- Events 49 & 50 will be held at same time
55. Discus Gr. 10/11/12 Girls 1:45 pm
56. Discus Gr. 9/10 Boys 2:30 pm
57. Discus Gr. 11/12 Boys 3:15 pm