

**NYSPHSAA - NY FEDERATION Winter Track & Field State Championships
March 7, 2009 - Cornell University (Barton Hall)**

8:00 a.m. Boys Arrive
8:30 a.m. Opening Ceremonies
9:00 a.m. Boys Meet Starts
1:00 p.m. Boys Meet Ends, Barton Hall is cleared

1:30 p.m. Girls Arrive
2:00 p.m. Opening Ceremonies
2:30 p.m. Girls Meet Starts
6:30 p.m. Girls Meet Ends

BOYS ORDER OF EVENTS

4 X 400M Relay	Semi-Final
4 X 200M Relay	Semi-Final
3200 Meter Run (unseeded)	Final
55M Dash	Trials
3200 Meter Run (seeded)	Final
55 Meter Dash	Semi-Final
1000 Meter Run	Final
55 Meter Dash	Final
600 Meter Run	Final
55 Meter Hurdles	Trials
300 Meter Dash	Semi-Final
1600 Meter Run	Final
55 Meter Hurdles	Semi-Final
Intersectional Medley Relay	Final
55 Meter Hurdles	Final
300 Meter Dash	Final
4 X 800M Relay	Final
4 X 400M Relay	Final
4 X 200M Relay	Final

Field Events

Long Jump (Both Runways), Followed by Triple Jump (Both Runways)
Pole Vault
Shot Put
High Jump

GIRLS ORDER OF EVENTS

4 X 400M Relay	Semi-Final
4 X 200M Relay	Semi-Final
3000 Meter Run (unseeded)	Final
55M Dash	Trials
3000 Meter Run (seeded)	Final
55 Meter Dash	Semi-Final
1000 Meter Run	Final
55 Meter Dash	Final
600 Meter Run	Final
1500 Meter Race Walk	Final
55 Meter Hurdles	Trials
300 Meter Dash	Semi-Final
1500 Meter Run	Final
55 Meter Hurdles	Semi-Final
Intersectional Medley Relay	Final
55 Meter Hurdles	Final
300 Meter Dash	Final
4 X 800M Relay	Final
4 X 400M Relay	Final
4 X 200M Relay	Final

Field Events

Long Jump (Both Runways), Followed by Triple Jump (Both Runways)
Pole Vault
Shot Put
High Jump