



**ASICS TRABUCO HILLS**  
TRACK & FIELD INVITATIONAL

# MEET SCHEDULE

**ASICS Trabuco Hills Distance Carnival**  
**Friday 4/3/2009 - Starts at 05:00 PM**

<b>Start</b>	<b>Event</b>
5:00 PM	#101 Girls 4x1600 Meter Relay Frosh/Soph
5:30 PM	#102 Boys 4x1600 Meter Relay Frosh/Soph
5:55 PM	#103 Girls 3200 Meter Run Open
6:11 PM	#104 Boys 3200 Meter Run Open
6:27 PM	#105 Girls 4x800 Meter Relay Frosh/Soph
6:42 PM	#106 Boys 4x800 Meter Relay Frosh/Soph
6:57 PM	#107 Girls 3200 Meter Run Open
7:12 PM	#108 Boys 3200 Meter Run Open
7:39 PM	#109 Girls 800 Meter Run Frosh/Soph
7:54 PM	#110 Boys 800 Meter Run Frosh/Soph
8:09 PM	#111 Girls 800 Meter Run Open
8:29 PM	#112 Boys 800 Meter Run Open
8:50 PM	#113 Girls 1600 Meter Run Frosh/Soph
9:20 PM	#114 Boys 1600 Meter Run Frosh/Soph
9:50 PM	#115 Girls 1600 Meter Run Open
10:20 PM	#116 Boys 1600 Meter Run Open



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# MEET SCHEDULE

**ASICS Trabuco Hills Track and Field Invitational**  
**Saturday 4/4/2009 - Starts at 08:00 AM**  
**Running Events**

<b>Start</b>	<b>Event</b>
8:00 AM	#1 Girls Distance Medley Frosh/Soph
8:25 AM	#2 Boys Distance Medley Frosh/Soph
8:37 AM	#3 Boys 110 Meter Hurdles Frosh/Soph
8:47 AM	#4 Boys 110 Meter Hurdles Open
8:57 AM	#5 Girls 100 Meter Hurdles Frosh/Soph
9:17 AM	#6 Girls 100 Meter Hurdles Open
9:27 AM	#7 Boys 4x100 Meter Relay Frosh/Soph
9:37 AM	#8 Boys 4x100 Meter Relay Open
9:47 AM	#9 Girls 4x100 Meter Relay Frosh/Soph
10:02 AM	#10 Girls 4x100 Meter Relay Open
10:13 AM	#11 Boys 1600 Meter Run Doug Speck Inv
10:25 AM	#12 Girls 1600 Meter Run Inv
10:37 AM	#13 Boys 800 Sprint Medley 1-2-2-4 Frosh/Soph
10:47 AM	#14 Girls 800 Sprint Medley 1-2-2-4 Frosh/Soph
10:59 AM	#15 Boys 1600 Sprint Medley 2-2-4-8 Inv
11:11 AM	#16 Girls 1600 Sprint Medley 2-2-4-8 Inv
11:26 AM	#17 Boys 100 Meter Dash Frosh/Soph
11:41 AM	#18 Girls 100 Meter Dash Frosh/Soph
11:55 AM	#19 Boys 100 Meter Dash Open
12:09 PM	#20 Girls 100 Meter Dash Open
12:23 PM	#21 Boys 800 Meter Run Inv
12:33 PM	#22 Girls 800 Meter Run Inv
12:48 PM	#23 Boys 400 Meter Dash Frosh/Soph
1:03 PM	#24 Girls 400 Meter Dash Frosh/Soph
1:18 PM	#25 Boys 400 Meter Dash Open
1:33 PM	#26 Girls 400 Meter Dash Open
1:48 PM	#27 Boys 4x200 Meter Relay Frosh/Soph
1:58 PM	#28 Girls 4x200 Meter Relay Frosh/Soph
2:08 PM	#29 Boys 4x200 Meter Relay Open
2:18 PM	#30 Girls 4x200 Meter Relay Open
2:28 PM	#31 Boys Distance Medley 12-4-8-16 Inv
2:40 PM	#32 Girls Distance Medley 12-4-8-16 Open
2:52 PM	#33 Boys 300 Meter Hurdles Frosh/Soph



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3:05 PM	#34 Boys 300 Meter Hurdles Open
3:17 PM	#35 Girls 300 Meter Hurdles Frosh/Soph
3:32 PM	#36 Girls 300 Meter Hurdles Open
3:44 PM	#37 Girls 3200 Meter Run Inv
3:59 PM	#38 Boys 3200 Meter Run Gene Gurule Inv
4:14 PM	#39 Girls 200 Meter Dash Frosh/Soph
4:24 PM	#40 Boys 200 Meter Dash Frosh/Soph
4:34 PM	#41 Girls 200 Meter Dash Open
4:44 PM	#42 Boys 200 Meter Dash Open
4:59 PM	#43 Girls 4x400 Meter Relay Frosh/Soph
5:14 PM	#44 Boys 4x400 Meter Relay Frosh/Soph
5:29 PM	#45 Girls 4x400 Meter Relay Open
5:44 PM	#46 Boys 4x400 Meter Relay Open



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# MEET SCHEDULE

**ASICS Trabuco Hills Track and Field Invitational**  
**Saturday 4/4/2009 - Starts at 08:00 AM**  
**Field Events**

8:30 AM	#47 Boys Shot Put Frosh/Soph
8:30 AM	#48 Boys Shot Put Hugo DeGroot Open
8:30 AM	#49 Girls Discus Throw Open
9:00 AM	#50 Girls Pole Vault Open
9:00 AM	#51 Girls Pole Vault Frosh/Soph
9:00 AM	#52 Boys High Jump DwightStones Open
9:00 AM	#53 Boys High Jump Frosh/Soph
9:00 AM	#54 Girls Long Jump Open
9:00 AM	#55 Boys Long Jump Open
11:00 AM	#56 Girls Long Jump Frosh/Soph
11:00 AM	#57 Boys Long Jump Frosh/Soph
11:00 AM	#58 Girls Shot Put Frosh/Soph
11:00 AM	#59 Girls Shot Put Suzanne Linn Open
11:00 AM	#60 Boys Discus Throw Open
11:30 AM	#61 Girls High Jump D.Montgomery Open
11:30 AM	#62 Girls High Jump Frosh/Soph
11:30 AM	#63 Boys Pole Vault Open
11:30 AM	#64 Boys Pole Vault Frosh/Soph
1:00 PM	#65 Girls Triple Jump Open
1:00 PM	#66 Boys Triple Jump Al Joyner Open
1:30 PM	#67 Boys Discus Throw Frosh/Soph
3:00 PM	#68 Girls Triple Jump Frosh/Soph
3:00 PM	#69 Boys Triple Jump Frosh/Soph
3:30 PM	#70 Girls Discus Throw Frosh/Soph