



# 30<sup>th</sup> SUN ANGEL TRACK CLASSIC

April 10-11, 2009

Joe Selleh Track at Sun Angel Stadium • Tempe

**\*\* times as of 8 p.m. PST on April 8, 2009 \*\***

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## FRIDAY, APRIL 10

### Field Events

12:00 pm	Hammer	Women, then Women's Elite, then Men
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## SATURDAY, APRIL 11

### Early Session – Field Events

10:00 am	Discus	Men followed by Women
11:00 am	Triple Jump	Women ( <i>west runway</i> )
12:00 pm	Pole Vault	Men (open), Women (Sect. 2), then Women (Sect. 1)
12:30 pm	High Jump	Men & Women simultaneously in two pits
1:00 pm	Triple Jump	Men ( <i>west runway</i> )
4:00 pm	Long Jump	Women ( <i>west runway</i> ) & Men ( <i>east runway</i> )
4:00 pm	Javelin	Men followed by Women
4:30 pm	Shot Put	Men followed by Women

### Early Session – Track Events (APPROXIMATE START TIMES)

2:20 pm	Women's 100m Hurdles	5 heats
2:35 pm	Men's 110m Hurdles	4 heats
2:50 pm	Women's 4x100m Relay	1 heat
2:55 pm	Men's 4x100m Relay	1 heat
2:58 pm	Women's 1,500m Run	'C' and 'D' heats
3:10 pm	Men's 1,500m Run	'C' and 'D' heats
3:20 pm	Women's 400m Dash	3 heats
3:30 pm	Men's 400m Dash	5 heats
3:40 pm	Women's 100m Dash	4 heats
3:50 pm	Men's 100m Dash	3 heats
3:55 pm	Women's 800m Run	5 heats
4:15 pm	Men's 800m Run	5 heats
4:35 pm	Women's 400m Hurdles	2 heats
4:45 pm	Men's 400m Hurdles	4 heats
5:00 pm	Women's 200m Dash	6 heats
5:20 pm	Men's 200m Dash	4 heats
	Women's 4x400m Relay	cancelled (this heat has been absorbed into the 'B' heat)
5:28 pm	Men's 4x400m Relay	1 heat
5:33 pm	Girl's 100m Hurdles	1 heat (Tempe Relays Final)
5:40 pm	Boy's 110m Hurdles	1 heat (Tempe Relays Final)
5:45 pm	Women's 1,500m Run	'B' heat
5:50 pm	Men's 1,500m Run	'B' heat

### Sun Angel Premiere – Field Events

6:30 pm	Pole Vault	Premiere (11 men)
7:30 pm	Long Jump	Premiere (10 men)
8:00 pm	Shot Put	Premiere (8 women)
9:00 pm	Shot Put	Premiere (8 men)



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## ***Sun Angel Premiere – Track Events (APPROXIMATE START TIMES)***

<b>6:10 pm</b>	Women's 200m Dash	'B' heat
<b>6:13 pm</b>	Women's 200m Dash	'A' heat
<b>6:16 pm</b>	Men's 200m Dash	'B' heat
<b>6:19 pm</b>	Men's 200m Dash	'A' heat
<b>6:22 pm</b>	Girl's 100m Dash	1 heat (Tempe Relays Final)
<b>6:27 pm</b>	Boy's 100m Dash	1 heat (Tempe Relays Final)
<b>6:30 pm</b>	Women's 3,000m Steeple	
<b>6:43 pm</b>	Boy's 4x800m Relay	1 heat (Tempe Relays Final)
<b>6:54 pm</b>	Men's 800m Run	Premiere heat
<b>6:58 pm</b>	Girl's 4x800m Relay	1 heat (Tempe Relays Final)
<b>7:12 pm</b>	Women's 800m Run	Premiere heat
<b>7:16 pm</b>	Men's 4x100m Relay	Premiere heat
<b>7:20 pm</b>	Women's 4x100m Relay	Premiere heat
<b>7:24 pm</b>	Bantam Boy's 4x100m Relay	1 heat
<b>7:28 pm</b>	Bantam Girl's 4x100m Relay	1 heat
<b>7:32 pm</b>	Boy's 4x100m Relay	1 heat (Tempe Relays Final)
<b>7:36 pm</b>	Girl's 4x100m Relay	1 heat (Tempe Relays Final)
<b>7:40 pm</b>	Men's 3,000m Steeple	
<b>7:52 pm</b>	Women's 400m Dash	Premiere heat (Heat 1)
<b>7:55 pm</b>	Women's 400m Dash	Premiere heat (Heat 2)
<b>7:58 pm</b>	Men's 400m Dash	Premiere heat (Heat 1)
<b>8:01 pm</b>	Men's 400m Dash	Premiere heat (Heat 2)
<b>8:04 pm</b>	Women's 100m Dash	Premiere heat (Heat 1)
<b>8:09 pm</b>	Women's 100m Dash	Premiere heat (Heat 2)
<b>8:12 pm</b>	Women's 5,000m Run	
<b>8:35 pm</b>	Men's 100m Dash	Premiere heat (Heat 1)
<b>8:38 pm</b>	Men's 100m Dash	Premiere heat (Heat 2)
<b>8:41 pm</b>	Women's 1,500m Run	Premiere heat
<b>8:47 pm</b>	Men's 400m Hurdles	Premiere heat
<b>8:54 pm</b>	Women's 400m Hurdles	Premiere heat
<b>8:59 pm</b>	Boy's 1,600m Run	1 heat (Tempe Relays Final)
<b>9:05 pm</b>	Girl's 1,600m Run	1 heat (Tempe Relays Final)
<b>9:12 pm</b>	Women's 4x400m Relay	'B' heat
<b>9:20 pm</b>	Men's 4x400m Relay	'B' heat
<b>9:26 pm</b>	Men's 5,000m Run	
<b>9:42 pm</b>	Girl's 4x400m Relay	1 heat (Tempe Relays Final)
<b>9:49 pm</b>	Boy's 4x400m Relay	1 heat (Tempe Relays Final)
<b>9:56 pm</b>	Women's 4x400m Relay	Premiere heat
<b>10:04 pm</b>	Men's 4x400m Relay	Premiere heat
	<i>Five minute break (fans and teams encouraged to line the track in lane 5 all the way around)</i>	
<b>10:15 pm</b>	Men's 1,500m Run	Premiere heat