

OHSL FREEDOM
2009 LEAGUE CHAMPIONSHIP MEET – Chittenango
ORDER OF EVENTS:

Freedom: Chittenango, Cortland, East-Syracuse Minoa, Fowler, Fulton, Jamesville-Dewitt, Mexico, Phoenix

Scoring: 10-8-6-4-2-1 NYSPHSAA & National Federation Rules

***Note:** Scratch rule will be in effect. Once final entry sheet has been turned into Pat Leone, any athlete that scratches from an event is out of the remainder of the meet.*

Running: 4:30PM

3000m Steeple Boys Final
2000m Steeple Girls Final
110m HH Boys Pent
110m HH Boys Semi
100m HH Girls Pent
100m HH Girls Semi
100m Boys Semi
100m Girls Semi
4 x 800m Boys Final
4 x 800m Girls Final
110m HH Boys Final
100m HH Girls Final
1600m Boys Final
1500m Girls Final
Novice 1600 Boys Non-scoring
4 x 100m Boys Final
4 x 100m Girls Final
400m Boys Final
400m Girls Final
400mH Boys Final
400mH Girls Final
800m Boys Final
800m Girls Final
200m Boys Final
200m Girls Final
3200m Boys Final
3000m Girls Final
4x 400m Boys Final
4 x400m Girls Final
1500m Boys Pent
800m Girls Pent

Field Events: 4:30PM

Long Jump Boys "Open Pit" 4:30 to 5:30
Long Jump Girls "Open Pit" 5:35 to 6:35
Triple Jump Girls "Open Pit" 4:30 to 5:30
Triple Jump Boys "Open Pit" 5:35 to 6:35

Boys Shot 4:30-5:30
Girls Discus 4:30-5:30
Boys Discus 5:35-6:35
Girls Shot 5:35-6:35

HJ Five alive format > 3 consecutive misses
Boys 6:30 Start at 4'10" >2" to 5'10">1' to completion
Girls 6:30 Start at 4'04" >2" to 5'00">1' to completion

PV Five alive format > 3 consecutive misses
Girls 4:30 Girls start @ 6'06" > 6" to completion
Boys @ conclusion of Girls
Boys start @ 7'6" > 6" until completion

Track advancement by event: *(based on the use of FAT equipment)*

Note: if there is a tie in the trials for the for final lane to advance:

The final will be run in 2 heats (2 then 5) with final placing of all runners based on time.

- 100m. 110m. H.H. 100m HH (6 lanes) 4 heats – top place in each heat + next 2 best times
- 400m. & 400m. I.H. (6 lanes) Power seed > slow to fastest 6 times in final heat
- 4x100m. & 4x400m. (6 lanes) If 2 heats are necessary: 3 slowest seeds then 5 fastest
- All other races will be 1 section per division using waterfall &/or California Box starts.

Pentathlon Order Boys: 110mHH; High Jump; Shot Put; Long Jump; 1500m

- 110mHH will precede regular 110m HH
- High Jump will have it's own jumping area (starting height will be athletes choice)
- Shot Put will follow girl's shot.

Pentathlon Order Girls: 100mHH; High Jump; Shot Put; Long Jump; 800m

- 100mHH will precede regular 110m HH
- High Jump will have it's own jumping area (starting height will be athletes choice)
- Shot Put will follow girl's shot