

May 10-13, 2011 – DFAL Championships @ Dublin High School, Dublin

Tuesday, May 10, 2011

Running Events

Time	Event	Athlete(s)	Warm-up
4:00	Girls 400m Relay		
4:05	Boys 400m Relay	Yu-Rudolph-Kless-Dorsett (Camacho & Fong)	3:05
4:10	Girls 1600m Heat 1	Cheung, Nolan & Sibal	3:20
4:17	Heat 2		
4:25	Boys 1600m Heat 1	Durst, Lu & Nguyen	3:35
4:32	Heat 2	Ainslie & Hale	3:40
4:40	Girls 100m Hurdles Heats 1-3		
4:55	Boys 110m Hurdles	Kless	4:10
5:10	Girls 400m Heats 1-2		
5:22	Boys 400m Heat 1	Camacho & Fong	4:40
5:26	Heat 2	Dorsett	4:40
5:30	Heat 3		
5:35	Girls 100m Heat 1		
5:40	Heat 2	Sohal	4:55
5:45	Heat 3		
5:50	Boys 100m Heat 1		
5:55	Heat 2	Rudolph	5:10
6:00	Heat 3		
6:05	Girls 800		
6:15	Boys 800 Heat 1	Hale & Woo	5:25
6:20	Heat 2	Ainslie & Nguyen	5:30
6:25	Girls 300m Hurdles Heats 1-2		
6:40	Boys 300m Hurdles Heat 1		
6:47	Heat 2	Kless	6:15
6:55	Girls 200m Heat 1		
7:00	Heat 2	Sohal	6:15
7:05	Heat 3	Ybarra	6:20
7:10	Boys 200m Heat 1	Koeplin & Rudolph	6:30
7:15	Heat 2	Dorsett	6:30
7:20	Heat 3	Yu	6:30
7:25	Girls 3200	Sibal	6:35
7:40	Boys 3200	Durflinger, Durst, Garcia, Lee, Lu & Reinemann	6:55
7:55	Girls 1600m Relay	Sohal-Ybarra-Nolan-Cheung (Glynn & Sibal)	7:10
8:00	Boys 1600m Relay	Dorsett-Ainslie-Koeplin-Yu (Hale & Nguyen)	7:15

Field Events

Time	Event	Athlete(s)	Warm-up
4:00	Girls Long Jump	Sohal & Ybarra	3:15
	Boys Triple Jump	Castillo	3:15
	Girls High Jump		
	Boys Pole Vault	Castillo	3:15
	Girls Shot Put	Atendido, Goldstein & Rivera	See Coach
	Boys Discus	Foo, Rivera & Rubio	See Coach

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Time	Event	Athlete(s)	Warm-up
5:30	Boys Long Jump	Koeplin & Yu	4:45
	Girls Triple Jump	Ybarra	4:45
	Boys High Jump	Koeplin	4:45
	Girls Pole Vault		
	Boys Shot Put	Foo, Greenhouse, Rivera & Rubio	See Coach
	Girls Discus	Atendido, Goldstein & Rivera	

Wednesday, May 11, 2011

Running Events

Time	Event	Athlete(s)	Warm-up
5:00	Girls 1600m Heat 1		
5:09	Heat 2	Colwell	4:20
5:18	Boys 1600m Heat 1	Pryor	4:30
5:26	Heat 2		
5:35	Girls 100m Hurdles Heat 1	Kaya, Moon & Priestley	4:50
5:40	Heat 2		
5:45	Heat 3	Rompel	5:00
5:50	Boys 110m Hurdles Heat 1	Baker	5:05
5:57	Heat 2	Abueg & Davis	5:10
6:05	Girls 400 Heat 1		
6:12	Heat 2	Nearhood	5:25
6:20	Boys 400 Heat 1	Achziger, DeGuzman & Ngo	5:35
6:25	Heats 2-3		
6:35	Girls 100m Heat 1	Bamba	5:50
6:40	Heat 2		
6:45	Heat 3	Mitchell	6:00
6:50	Boys 100m Heat 1	Egbujor, Jones & Revelez	6:05
6:55	Heats 2-3		
7:05	Girls 800 Heat 1		
7:13	Heat 2	Colwell & LeQuin	6:25
7:22	Boys 800 Heat 1	Nolan, Pryor & Sy	6:35
7:31	Heat 2		
7:40	Girls 300m Hurdles Heat 1	Priestley & Rompel	6:55
7:45	Heat 2	Moon	7:00
7:50	Heat 3		
7:55	Boys 300m Hurdles Heat 1	Abueg	7:10
8:02	Heat 2	Baker & Davis	7:15
8:10	Girls 200m Heat 1	Nearhood	7:25
8:15	Heat 2	Bamba	7:30
8:20	Heat 3	Mitchell	7:35
8:25	Boys 200m Heat 1		
8:30	Heat 2	DeGuzman	7:45
8:35	Heat 3	Egbujor, Jones & Revelez	7:50

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Field Events

Time	Event	Athlete(s)	Warm-up
4:30	Girls Long Jump	Atendido	3:45
	Boys Triple Jump	Crockett, Ja. Davis & Jo. Davis	3:45
	Boys High Jump	Jo. Davis	3:45
	Girls Pole Vault		
	Girls Shot Put	Atendido, Cordero, Hernandez, Jose & Mengell	See Coach
	Boys Discus	Egbujor, Hearn, Moreland & San Luis	See Coach

Friday, May 13, 2011

Running Events

Time	Event	Athlete(s)	Warm-up
5:00	Girls 400m Relay	Rompel-Mitchell-Priestley-Moon (Cordero & Bamba)	4:15
5:08	Boys 400m Relay	Egbujor-Jones-Achziger-Leung (Olayomi & Revelez)	4:20
5:17	Girls 1600m	Qualifiers	4:25
5:28	Boys 1600m	Qualifiers	4:35
5:40	Girls 100m Hurdles	Qualifiers	4:55
5:47	Boys 110m Hurdles	Qualifiers	5:00
5:55	Girls 400m	Qualifiers	5:10
6:02	Boys 400m	Qualifiers	5:15
6:09	Girls 100m	Qualifiers	5:25
6:15	Boys 100m	Qualifiers	5:30
6:22	Girls 800m	Qualifiers	5:30
6:30	Boys 800m	Qualifiers	5:40
6:38	Girls 300m Hurdles	Qualifiers	5:50
6:45	Boys 300m Hurdles	Qualifiers	6:00
6:53	Girls 200m	Qualifiers	6:05
7:00	Boys 200m	Qualifiers	6:15
7:08	Girls 3200m	Colwell, Graykowski & Nickles	6:20
7:24	Boys 3200m	Pryor	6:35
7:40	Girls 1600m Relay	Rompel-LeQuin-Priestley-Mitchell (Nearhood & Cordero)	6:55
7:50	Boys 1600m Relay	Achziger-Olayomi-Nolan-Jones (Baker & Pryor)	7:05

Field Events

Time	Event	Athlete(s)	Warm-up
4:30	Boys Long Jump	Crockett, Ja. Davis, Jo. Davis & Marshall	3:45
	Girls Triple Jump	Atendido, Cordero & Moon	3:45
	Girls High Jump	Kaya	3:45
	Boys Pole Vault	Chan	See Coach
	Boys Shot Put	Cordero, Correa, Egbujor, Hearn, Moreland, Nunez & San Luis	See Coach
	Girls Discus	Atendido, Bamba, Hernandez, Jose & Mengell	See Coach

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