DFAL Championship Meet Schedules:

Tuesday, May 10 • Frosh-Soph Championship

Running Events: 4:00pm

4:00pm	400m Relay
4:10	1600m
4:40	100/110m Hurdles
5:10	400m
5:35	100m
6:05	800m
6:25	300m Hurdles
6:55	200m
7:25	3200m
7:55	1600m Relay

Order of Divisions for Running Events: FSG, FSB.

Field Events: 4:00pm

Long Jump –4:00 FSG/ 5:30 FSB
Triple Jump –4:00 FSB/ 5:30 FSG
High Jump –4:00 FSG/ 5:30 FSB
Pole Vault –4:00 FSB/ 5:30 FSG
Shot Put –4:00 FSG/ 5:30 FSB
Discus –4:00 FSB/ 5:30 FSG

All Field Events are Finals Only.

Wednesday, May 11 •
Varsity Championship Trials

Running Events Start 5:00pm

5:00pm	1600m
5:35	100/110m Hurdles
6:05	400m
6:35	100m
7:05	800m
7:40	300m Hurdles
8:10	200m

*Time between events based on NCS MOC Friday trials schedule.

Order of Divisions for Running Events: VG, VB.

Field Events Start 4:30pm
Long Jump –4:30 VG
Triple Jump –4:30 VB
High Jump –4:30 VB
Pole Vault –4:30 VG
Shot Put –4:30 VG
Discus –4:30 VB

All Field Events are Finals Only.

Friday, May 13 •
Varsity Championship Finals

Running Events Start 5:00pm

5:00pm	400m Relay
5:17	1600m
5:40	100/110m Hurdles
5:55	400m
6:09	100m
6:22	800m
6:38	300m Hurdles
6:53	200m
7:08	3200m
7:40	1600m Relay

*Time between events based on NCS MOC Saturday finals schedule.

Order of Divisions for Running Events: VG, VB.

Field Events Start 4:30pm
Long Jump –4:30 VB
Triple Jump –4:30 VG
High Jump –4:30 VG
Pole Vault –4:30 VB
Shot Put –4:30 VB
Discus –4:30 VG

All Field Events are Finals Only.

Qualifying To VARSITY DFAL Finals:

Running Events:

Qualifying from Trials to Finals in ALL varsity running events except the 800m and 1600m are as follows:

The Top finisher in each heat, plus the next fastest competitors to reach a total of 8.

800m– 2 Heats: Top **2** finishers in each heat, plus the next fastest **5**.

1600m– 2 Heats: Top **3** finishers in each heat, plus the next fastest **6**.

NOTE: 1600m will have a final field of **12**. 800m will have a final field of **9**. 3200m will have a final field of **24**. ALL other running events will have final fields of **8**.

Field Events:

Varsity Pole Vault & High Jump are **Finals Only**. These events will be run using a "five-alive" format.

Varsity Horizontal Jumps & Throws will have a **preliminary round**. This will immediately be followed by a **final round** for the Top **8** competitors on the same day: Competitors will receive **3** attempts in the preliminary round, and the Top **8** competitors will receive an additional **3** attempts in the final round. Final placing will be determined by best marks from all 6 attempts.

DFAL Meet Scoring:

All DFAL Championship Finals will be scored for ALL divisions as follows: **10 – 8 – 6 – 4 – 2 – 1**

Qualifying to NCS Tri-Valley Championships:

The Top **6** finishers in each Varsity event qualify for *the NCS Tri-Valley Championships* at Granada High School, Saturday, May 21, 2011. The NCS Tri-Valley region consists of the Diablo Foothill Athletic League, the Diablo Valley Athletic League, the East Bay Athletic League, and the Bay Valley Athletic League.

Coaches must **report NCS Tri-Valley scratches** and **relay changes** at the conclusion of competition on Friday, May 13!