May 21, 2011 – North Coast Section Tri-Valley Championships @ Granada High School, Livermore

Running Events

Time	*Event*	*Athlete(s)*	*Warm-up*
12:00	Girls 4x100 Relay	Rompel, Mitchell, Priestley & Moon (Kaya & Cordero)	11:15
12:15	Boys 4x100 Relay	Egbujor, Jones, Achziger & Leung (Olayomi & Revelez)	11:15
12:30	Girls 1600	Colwell	11:30
12:50	Boys 1600		
1:10	Girls 100 Hurdles	Kaya & Rompel	12:25
1:25	Boys 110 Hurdles	Davis	12:40
1:40	Girls 400		
1:55	Boys 400	Achziger	1:10
2:10	Girls 100	Mitchell	1:25
2:25	Boys 100	Egbujor & Jones	1:40
2:40	Girls 800		
2:55	Boys 800		
3:10	Girls 300 Hurdles	Rompel	2:25
3:25	Boys 300 Hurdles	Abueg & Davis	2:40
3:40	Girls 200	Mitchell	2:55
3:55	Boys 200	Jones	3:10
4:10	Girls 3200	Nickles	3:10
4:28	Boys 3200		
4:45	Girls 4x400 Relay	Rompel, LeQuin, Priestley & Mitchell (Cordero & Colwell)	4:00 (3:45 LeQuin)
5:05	Boys 4x400 Relay		

Field Events

Time	*Event*	*Athlete(s)*	*Warm-up*
10:00	Girls High Jump		
	Girls Pole Vault		
	Girls Shot Put		
	Boys Discus	Hearns	See Coach
	Girls Long Jump		
	Boys Triple Jump	Crockett & Davis	9:00
12:30	Boys Shot Put	Moreland	See Coach
	Boys High Jump	Davis	11:45
	Boys Pole Vault		
	Boys Long Jump	Crockett	11:30
	Girls Triple Jump	Moon	11:30
	Girls Discus		

**** - All event competitors should report 30 minutes before scheduled start time.***

^ - All athletes are expected to arrive 1 hour before WARM-UP time.

Granada High School

400 Wall Street, Livermore