April 23, 2011 – Northern California Frosh/Soph Championships @ Dublin High School, Dublin

*Open Section Running Events**

Time	Event	Athlete(s)	Warm-up
10:05	Girls 1600	Cheung, Glynn, Nolan & Sibal	9:05
10:15	Boys 1600 Heat 1	Cheung, Europa, Natt, Reddy & Rizvi	9:15
10:22	Boys 1600 Heat 2	Lee, Nacionales & Woo	9:25
10:30	Boys 1600 Heat 3	Durst, Garcia & Lu	9:30
10:37	Boys 1600 Heat 4	Ainslie, Hale & Nguyen	9:40
11:05	Boys 400	Camacho & Fong	10:20 or Boys 1600 Heat 2
11:20	Girls 100	Sohal	10:35 or Boys 1600 Heat 3
11:35	Boys 100	Lee	10:50 or Girls 100HH
12:05	Boys 800 Heat 1	Wallace & Zhu	11:05 or Boys 400 Heat 1
12:09	Boys 800 Heat 2	Dang	11:10 or Boys 400 Heat 2
12:35	Girls 200	Sohal	11:50 or Boys 100 Heat 6
12:55	Boys 200	Camacho, Fong & Lee	12:10 or Boys 800 Heat 2
1:25	Boys 3200	Duflinger, Reinemann & Warzyniak	12:25 or Girls 300H
1:40	Boys 4x400	All Teams	12:55 or Boys 200 Heat 1

Open Section Field Events

Time	Event	Athlete(s)
8:30	Boys Discus Flight 1	Gerlach & Greenhouse
9:00	Girls Shot Put	Atendido
9:30*	Boys Discus Flight 2	Rivera
10:35*	Boys Discus Flight 3	Foo & Rubio
11:45	Boys Shot Put Flight 1	Gerlach & Greenhouse
	Girls Discus	Atendido
12:50*	Boys Shot Put Flight 2	Rivera
1:55*	Boys Shot Put Flight 3	Foo & Rubio

Seeded & Invitational Running Events

Time	Event	Athlete(s)	Warm-up
5:08	Boys 4x100 Seeded	Yu, Olayomi, Rudolph & Dorsett	4:05
5:15	Girls 1600 Invitational	Colwell	4:15
5:40	Girls 100HH Invitational	Moon	4:55
5:45	Boys 110HH Seeded	Kless	5:00
6:10	Girls 800 Invitational	LeQuin	5:10
6:35	Girls 300H Invitational	Moon	5:45
6:40	Boys 300H Seeded	Kless	5:55
7:42	Girls 4x400 Invitational	LeQuin, Colwell, Moon & Ybarra	7:00
7:50	Boys 4x400 Seeded	Dorsett, Yu, Nguyen & Olayomi	7:05

Invitational Field Events

Time	Event	Athlete(s)	Warm-up
4:00	Girls Shot Put	Goldstein & Rivera	See Coaches
4:30	Boys Long Jump	Yu	3:30
	Girls Long Jump	Ybarra	3:45
5:30	Girls Discus	Goldstein & Rivera	See Coaches
6:30	Boys Triple Jump	Castillo	5:30
	Girls Triple Jump	Moon & Ybarra	5:45
	Boys Pole Vault	Castillo	5:30

**** - Denotes Approximations***