

**ATHLETICS - Track & Field**  
University of Rochester - Fauver Stadium

Thursday, July 27

1.	1:00pm	Pole Vault	SM	F
2.	1:00pm	Discus	SM	F
3.	1:00pm	High Jump	SW	F
4.	1:00pm	Javelin	SW	F
5.	1:00pm	100M Dash	SM	DEC
6.	1:10pm	100M Dash	OM	DEC
7.	1:15pm	110M H Hurdles	OM	S
8.	1:25pm	110M H Hurdles	SM	S
9.	1:35pm	100M H Hurdles	SW	S
10.	1:45pm	100M H Hurdles	OW	S
11.	1:45pm	Long Jump	SM	DEC
12.	1:45pm	Long Jump	OM	DEC
13.	1:55pm	200M Dash	SM	S
14.	2:05pm	200M Dash	SW	S
15.	2:15pm	200M Dash	OW	S
16.	2:25pm	200M Dash	OM	S
17.	2:30pm	Triple Jump	SW	F
18.	2:35pm	800M Run	SM	S
19.	2:35pm	Shot Put	SM	DEC
20.	2:35pm	Shot Put	OM	DEC
21.	2:45pm	800M Run	SW	S
22.	2:55pm	800M Run	OW	S
23.	3:05pm	800M Run	OM	S
24.	3:05pm	Pole Vault	SW	F
25.	3:05pm	Javelin	OM	F
26.	3:15pm	Discus	SW	F
27.	3:15pm	400M I Hurdles	OM	S
28.	3:30pm	400M I Hurdles	SM	S
29.	3:30pm	Shot Put	OM	F
30.	3:45pm	400M I Hurdles	SW	S
31.	4:00pm	400M I Hurdles	OW	S
32.	4:00pm	High Jump	SM	DEC
33.	4:00pm	High Jump	OM	DEC
34.	4:00pm	Long Jump	SM	F
35.	4:15pm	Triple Jump	OM	F
36.	5:00pm	Hammer	SM	F
37.	5:15pm	400M Run	SM	DEC
38.	5:30pm	400M Run	OM	DEC
39.	5:45pm	10,000M Run	SM	F
40.	6:30pm	10,000M Run	SW	F
41.	7:15pm	10,000M Run	OM	F
42.	8:00pm	10,000M Run	OW	F

Friday, July 28

43.	8:00am	Discus	OW	F
44.	8:00am	Shot Put	SW	F
45.	8:00am	Javelin	OW	F
46.	8:00am	Long Jump	SW	F
47.	8:30am	100M H Hurdles	SW	HEP
48.	8:40am	100M H Hurdles	OW	HEP
49.	8:50am	110M H Hurdles	OM	DEC
50.	9:00am	400M Dash	SW	S
51.	9:10am	400M Dash	SM	S
52.	9:10am	High Jump	SW	HEP
53.	9:10am	High Jump	OW	HEP
54.	9:20am	400M Dash	OW	S
55.	9:30am	400M Dash	OM	S
56.	9:45am	Discus	OM	DEC
57.	9:45am	100M Dash	SW	S
58.	9:55am	100M Dash	SM	S
59.	10:05am	100M Dash	OW	S
60.	10:15am	100M Dash	OM	S
61.	10:25am	110M H Hurdles	OM	F
62.	10:30am	110M H Hurdles	SM	F
63.	10:35am	110M H Hurdles	SM	DEC
64.	10:40am	100M H Hurdles	SW	F
65.	10:45am	100M H Hurdles	OW	F
66.	10:45am	Shot Put	SW	HEP
67.	10:50am	Shot Put	OW	HEP
68.	11:00am	High Jump	SM	F
69.	11:00am	Triple Jump	SM	F
70.	11:00am	Pole Vault	OM	DEC
71.	11:00am	200M Dash	SM	F
72.	11:05am	200M Dash	SW	F
73.	11:10am	200M Dash	OW	F
74.	11:15am	200M Dash	OM	F
75.	11:15am	Discus	SM	DEC
76.	11:20am	Long Jump	OW	F
77.	11:30am	200M Dash	SW	HEP
78.	11:40am	200M Dash	OW	HEP
79.	11:50am	3000M Steeplechase	SM	F
80.	12:10pm	3000M Steeplechase	OM	F
81.	12:10pm	Shot Put	SM	F
82.	12:25pm	3000M Steeplechase	OW	F
83.	12:25pm	Pole Vault	SM	DEC
84.	12:45pm	2000M Steeplechase	SW	F
85.	1:20pm	Javelin	OM	DEC
86.	2:10pm	1500M Run	OM	DEC
87.	2:10pm	Javelin	SM	DEC
88.	3:00pm	1500M Run	SM	DEC

Saturday, July 29

89.	8:00am	5000M Run	SW	F
90.	8:00am	Pole Vault	OW	F
91.	8:00am	Hammer	OW	F
92.	8:00am	Long Jump	SW	HEP
93.	8:00am	Long Jump	OW	HEP
94.	8:25am	5000M Run	SM	F
95.	8:55am	5000M Run	OW	F
96.	8:55am	Javelin	SW	HEP
97.	8:55am	Javelin	OW	HEP
98.	9:00am	Long Jump	OM	F
99.	9:25am	5000M Run	OM	F
100.	9:30am	High Jump	OW	F
101.	9:50am	800M Run	SM	F
102.	9:55am	800M Run	SW	F
103.	10:00am	800M Run	OW	F
104.	10:00am	Shot Put	OW	F
105.	10:05am	800M Run	OM	F
106.	10:10am	400M Dash	SW	F
107.	10:15am	400M Dash	SM	F
108.	10:20am	400M Dash	OW	F
109.	10:25am	400M Dash	OM	F
110.	10:30am	Discus	OM	F
111.	10:30am	Pole Vault	OM	F
112.	10:30am	Javelin	SM	F
113.	10:35am	100M Dash	SW	F
114.	10:40am	100M Dash	SM	F
115.	10:45am	100M Dash	OW	F
116.	10:50am	100M Dash	OM	F
117.	11:00am	Triple Jump	OW	F
118.	11:00am	High Jump	OM	F
119.	11:00am	800M Run	SW	HEP
120.	11:10am	800M Run	OW	HEP
121.	11:15am	400M I Hurdles	OM	F
122.	11:20am	400M I Hurdles	SM	F
123.	11:25am	400M I Hurdles	SW	F
124.	11:30am	400M I Hurdles	OW	F
125.	11:40am	4x100M Relay	SW	F
126.	11:50am	4x100M Relay	SM	F
127.	12:00pm	4x100M Relay	OW	F
128.	12:10pm	4x100M Relay	OM	F
129.	12:15pm	1500M Run	SW	F
130.	12:15pm	Hammer Throw	OM	F
131.	12:25pm	1500M Run	SM	F
132.	12:35pm	1500M Run	OW	F
133.	12:45pm	1500M Run	OM	F
134.	12:50pm	4x400M Relay	SW	F
135.	1:00pm	4x400M Relay	SM	F
136.	1:10pm	4x400M Relay	OW	F
137.	1:20pm	4x400M Relay	OM	F

### BASKETBALL – WOMEN

University of Rochester - Goergen Athletic Center, Palestra

#### Thursday, July 27

10:00am HV vs. NY SW 4:00pm HV vs. NY OW  
12:00pm WN vs. AD SW 6:00pm WN vs. AD OW  
2:00pm CN vs. LI SW 8:00pm CN vs. LI OW

#### Friday, July 28

10:00am AD vs. HV SW 4:00pm AD vs. HV OW  
12:00pm WN vs. CN SW 6:00pm WN vs. CN OW  
2:00pm NY vs. LI SW 8:00pm NY vs. LI OW

#### Saturday, July 29

10:00am NY vs. CN SW 4:00pm NY vs. CN OW  
12:00pm HV vs. WN SW 6:00pm HV vs. WN OW  
2:00pm LI vs. AD SW 8:00pm LI vs. AD OW

#### Sunday, July 30

8:00am Bronze	SW	8:00am Bronze	OW
10:00am Gold	SW	McQuaid HS	
12:00pm Gold	OW		

### CANOE / KAYAK

Genesee Valley Park, Waterways Center

<u>Thursday July 27</u>	<u>Friday July 28</u>	<u>Saturday July 29</u>
500M Heats	200M Heats	Finals
9:00am K-1 M	9:00am K-1 W	9:00am K-1 500M M
9:15am C-1	9:15am C-1	9:15am C-1 500M
9:30am K-1 W	9:30am K-1 M	9:30am K-1 500M W
9:45am K-1 M	9:45am K-1 W	9:45am K-2 500M M
10:00am C-1	10:00am C-1	10:00am C-2 500M
10:15am K-1 W	10:15am K-1 M	10:15am K-2 500M W
10:45am K-2 M	10:45am K-2 W	10:45am K-1 200M M
11:00am C-2	11:00am C-2	11:00am C-1 200M
11:15am K-2 W	11:15am K-2 M	11:15am K-1 200M W
11:30am K-2 M	11:30am K-2 W	11:30am K-2 200M M
11:45am C-2	11:45am C-2	11:45am C-2 200M
12:00pm K-2 W	12:00pm K-2 M	12:00pm K-2 200M W
	12:30pm K-4 500m W	12:30pm K-4 500m M

### MARATHON CANOE - MASTERS

Genesee Valley Park, Waterways Center

Saturday, July 29, 2006 - 9:00am - 10:30am Check In,  
11:00am Start

## JUDO

University of Rochester - Zornow Sports Center

### Thursday, July 27

9:00am - 10:30am Central & Western *Practice*  
10:45am - 12:15pm Adirondack & Hudson Valley *Practice*  
12:30pm - 2:00pm New York & Long Island *Practice*  
3:30pm Coaches Meeting  
4:00pm - 7:00pm State Meeting  
5:30pm - 6:30pm Weigh - ins (at venue)  
Men - 60kg, 66kg, 73kg, Open  
Women - 48kg, 52kg, 57kg, Open

### Friday, July 28

9:00am - 10:00am Referees' Meeting  
10:00am - 1:00pm Competition  
OM - 60kg, 66kg, 73kg, Open  
OW - 48kg, 52kg, 57kg, Open  
1:30pm - 4:00pm Competition  
OM - 60kg, 66kg, 73kg, Open  
OW - 48kg, 52kg, 57kg, Open  
5:30pm - 6:30pm Weigh - ins (at venue)  
Men - 81kg, 90kg, 100kg, over  
100kg  
Women - 63kg, 70kg, 78kg, over  
78kg

### Saturday, July 29

9:00am - 10:00am Referees' Meeting  
10:00am - 1:00pm Competition  
OM - 81kg, 90kg, 100kg, over 100kg  
OW - 63kg, 70kg, 78kg, over 78kg  
1:30pm - 4:00pm Competition  
OM - 81kg, 90kg, 100kg, over 100kg  
OW - 63kg, 70kg, 78kg, over 78kg

**ROWING**

Genesee Valley Park, Waterways Center

Thursday, July 27

9:00am	Junior Double	OW	
9:05am	Junior Double	OW	
9:10am	Junior Four	OM	
9:15am	Junior Four	OM	
9:20am	Junior Four	OW	
9:25am	Junior Four	OW	
9:30am	Junior Double	OM	
9:35am	Junior Double	OM	
9:40am	Junior Double	OW	REP
9:45am	Junior Four	OM	REP
9:50am	Open Double	OW	
9:55am	Open Double	OW	
10:00am	Open Four	OM	
10:05am	Open Four	OM	
10:10am	Junior Four	OW	REP
10:15am	Junior Double	OM	REP
10:20am	Open Four	OW	
10:25am	Open Four	OW	
10:30am	Open Double	OM	
10:35am	Open Double	OM	
10:40am	Open Double	OW	REP
10:45am	Open Four	OM	REP
11:00am	Open Four	OW	REP
11:05am	Open Double	OM	REP

Friday, July 28

9:00am	Quad	OW	
9:05am	Quad	OW	
9:10am	Eight	OM	
9:15am	Eight	OM	
9:20am	Eight	OW	
9:25am	Eight	OW	
9:30am	Quad	OM	
9:35am	Quad	OM	
9:40am	Quad	OW	REP
9:50am	Eight	OM	REP
10:00am	Eight	OW	REP
10:10am	Quad	OM	REP

Saturday, July 29 - Finals

9:00am	Junior Double	OW	
9:05am	Junior Four	OM	
9:10am	Junior Four	OW	
9:15am	Junior Double	OM	
9:20am	Open Double	OW	
9:25am	Open Four	OM	
9:30am	Open Four	OW	
9:35am	Open Double	OM	
10:30am	Quad	OW	
10:35am	Eight	OM	
10:40am	Eight	OW	
10:45am	Quad	OM	