

Time Schedule:

Friday 2/1/08

6pm – 9pm Packet pickup at Spring Hill Suites on Archer Road. ***All late entries have to be picked up and paid for by 9pm to get into the meet. No day of meet payments.*** Also, all corrections need to be made by 9pm.

Saturday 2/2/08

8 am Packet Pickup at O'dome: No changes, additions, etc.

9:00	Long Jump	(Girls, Women, Boys, Men)
	Shot Put	(Men, Boys, Women, Girls)
	Pole Vault	(Men/Boys Combined, Women/Girls Combined)
9:00	4x800m Relay	(13 – 18 age groups)
9:30	55 m Hurdles	(13 – Adult age groups)
9:45	55 m Dash	(All ages)
10:20	3000m Run	(13 – Adult age groups)
11:20	1600 Race walk	(All ages)
11:40	400m Run	(All ages)
12:35	1 Mile Run	(0-18 Youth & Women 19+)
1:20	4x200m Relay	(Up to 18 year olds)
1:35	5 Points of Life Kids Marathon Mile & Introductions	
2:05	1 Mile Run	(19 and up Men)
2:15	200m Dash	(All ages)
3:45	800m Dash	(All ages)
4:30	4x400m Relays	(Up to 18 year olds)

This time schedule is a time estimate based on number of heats registered. Please make sure to be at the facility 2 hours prior to your event in case we have a large amount of scratches and get ahead of schedule.