

<i>Day</i>	<i>Time</i>	<i>Event</i>	<i>Age Group</i>
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*******FINAL REVISED TIME SCHEDULE (1/29/10)*******

Friday	5:00pm - 8:00pm	Packet Pickup	All
Saturday	6:30am-8:30am	Late Packet Pickup	Youth
Saturday	9:00am-1:00pm	Packet Pickup	19+
Saturday	9:00am	Long Jump	Girls (Young to Old), Boys (Young to Old)
Saturday	9:30am	Shot Put	Boys (Young to Old), Girls (Young to Old)
Saturday	9:30am	Pole Vault	Girls (All), Boys (All)
Saturday	9:00am	4x800m Relay	Girls (11-18), Boys (11-18)
Saturday	9:25am	55m Hurdles	Girls (13-18), Boys (13-18)
Saturday	9:45am	55m Dash	Girls (All), Boys (All)
Saturday	10:40am	Women's Pentathlon	19+ Women
Saturday	10:45am	Men's Heptathlon	19+ Men
Saturday	10:50am	1 Mile Run	Girls (All), Boys (All)
Saturday	12:00pm	400m Dash	Girls (All), Boys (All)
Saturday	1:40pm	800m Run	Girls (All), Boys (All)
Saturday	2:30pm	200m Dash	Girls (All), Boys (All)
Saturday	4:30pm	3000m Run	Girls (11-18), Boys (11-18)
Saturday	5:15pm	4x400m Relay	Girls (All), Boys (All)
Saturday	7:00-9:00pm	Packet Pickup	19+
Sunday	7:30am-10:00am	Packet Pickup	19+
Sunday	9:00am	Men's Heptathlon Day 2	19+ Men
Sunday	10:00am	Long Jump	Rising Stars, Women 19+, Men 19+
Sunday	10:00am	Weight Throw	Women 19+, Men 19+
Sunday	10:00am	High Jump	Women 19+, Men 19+
Sunday	10:00am	Pole Vault (After HEP PV)	Women 19+, Men 19+
Sunday	11:30am	55m Hurdles	Women 19+, Men 19+
Sunday	12:15pm	55m Dash	Rising Stars, Women 19+, Men 19+
Sunday	1:00pm	1 Mile Run	Rising Stars, Women 19+, Men 19+
Sunday	1:30pm	Shot Put	Rising Stars, Women 19+, Men 19+
Sunday	2:00pm	400m Dash	Rising Stars, Women 19+, Men 19+
Sunday	2:45pm	800m Run	Rising Stars, Women 19+, Men 19+
Sunday	2:45pm	Triple Jump	Women 19+, Men 19+
Sunday	3:30pm	200m Dash	Rising Stars, Women 19+, Men 19+
Sunday	4:15pm	3000m Run	Rising Stars, Women 19+, Men 19+
Sunday	5:15pm	4x400m Relay	Women 19+, Men 19+
Sunday	5:35pm	Distance Medley Relay	Women 19+, Men 19+

1:00-1:50

1:50-2:25

2:25-2:50

2:50-3:35

3:35-4:55

4:55-5:25

5:25-5:55