

ARIZONA RELAYS

MARCH 13,14,15 2008

Coaches Meeting is Saturday 9:30am

Thursday, March 13, 2007

10:00am Heptathlon First Event
10:15am Decathlon First Event
1:00pm Throwing Pentathlon First Event (Hammer, Weight, Shot, Discus, Javelin)

Friday, March 14, 2007

10:00am Decathlon First Event
10:15am Heptathlon First Event

Saturday, March 15 2007

TRACK EVENTS:

10:00 10000 MEN and WOMEN ENTRY FEE - \$100 PER TEAM
\$ 10 PER INDIVIDUAL

12:00 4 X 100 RELAY WOMEN
12:05 4 X 100 RELAY MEN
12:10 4 X 800 RELAY WOMEN
12:25 4 X 800 RELAY MEN
12:40 200M WOMEN
12:45 200M MEN
1:00 100 M HIGH HURDLES (WOMEN)
1:10 110 M HIGH HURDLES (MEN)
1:20 3000 M STEEPLECHASE (WOMEN)
1:45 3000 M STEEPLECHASE (MEN)
2:00 SPRINT MEDLEY (1-1-2-4-WOMEN)
2:05 SPRINT MEDLEY (2-2-4-8-MEN)
2:15 400M HURDLES (MEN)
2:20 400M HURDLES (WOMEN)
2:30 DISTANCE MEDLEY (8-4-12-16-WOMEN)
2:45 DISTANCE MEDLEY (8-4-12-16-MEN)
3:00 4 X 400 RELAY (WOMEN)
3:05 4 X 400 RELAY (MEN)

JUMPING EVENTS:

10:00 LONG JUMP (WOMEN)-- OPEN PIT TILL 11AM (4 JUMPS)
POLE VAULT (MEN THEN WOMEN)
MEN STARTING HEIGHT TBD
WOMEN STARTING HEIGHT TBD
HIGH JUMP (MEN) - (STARTING HEIGHT 5'8")
11:15 LONG JUMP (MEN)-- OPEN PIT TILL 12:30PM - (4 JUMPS)
11:30 HIGH JUMP (WOMEN) - (STARTING HEIGHT 4'4")
1:00 TRIPLE JUMP (MEN AND WOMEN)-- OPEN PIT TILL 2:00PM - (4 JUMPS)

THROWING EVENTS:

10:00 MEN'S ORDER ----- SHOT PUT to JAVELIN to DISCUS to HAMMER
WOMEN'S ORDER --- JAVELIN to SHOT PUT to HAMMER to DISCUS

10:00 AM THROWS AND POLE VAULT WILL START ON TIME