

2008 RALEIGH RELAYS
FINAL – updated 1:30 p.m. 3/25/08
Meet Schedule

FRIDAY, MARCH 28th, 2008

<u>TIME</u>	<u>EVENT</u>		<u>CLASSIFICATION</u>	<u>STANDARD</u>
11:00 AM	5000 M	SECTION – III	WOMEN	UNSEEDED
11:25 AM	5000M	SECTION – IV	MEN	UNSEEDED
12:00 noon	110 M HH	(TIMES TO FINAL)	MEN	
12:30 PM	100 M HH	(TIMES TO FINAL)	WOMEN	
1:00 PM	100 M	(TIMES TO FINAL)	MEN	
1:30 PM	100 M	(TIMES TO FINAL)	WOMEN	
2:00 PM	400 M	(TIME FINAL)	MEN	
2:40 PM	400 M	(TIME FINAL)	WOMEN	
3:20 PM	400 M IH	(TIME FINAL)	MEN	
3:50 PM	400 M IH	(TIME FINAL)	WOMEN	
4:10 PM	4 X 1500 Top 24 teams	(TIMES TO FINAL)	MEN	
4:35 PM	4 X 1500 Top 24 teams	(TIMES TO FINAL)	WOMEN	
5:00 PM	SPRINT MEDLEY	(FINAL)	MEN	
5:20 PM	SPRINT MEDLEY	(FINAL)	WOMEN	
6:00 PM	5000m	SECTION –III	MEN	UNSEEDED
6:25 PM	5000 M	SECTION-II	WOMEN	UNSEEDED
6:50 PM	5000 M	SECTION-II	MEN	UNSEEDED
7:15 PM	3200M / High School	INVITATIONAL	GIRLS	
7:30 PM	3200M / High School	INVITATIONAL	BOYS	
7:45 PM	5000 M	SECTION- SEEDED	WOMEN	SEEDED
8:10 PM	5000 M	SECTION- SEEDED	MEN	SEEDED
8:30 PM	10,000 M	(FINAL)	WOMEN	SEEDED
9:10 PM	10,000 M	(SECTION- I) SEEDED	MEN	SEEDED

FIELD EVENTS

			<u>MINIMUM MARK MEASURED</u>	
10:00 AM	Discus	MEN	45.72M	150'0"
10:00 AM	SHOT	WOMEN	12.50M	41' 0"
10:00 AM	HIGH JUMP –SECTION A	WOMEN	1.65m	5'4 1/2 " top 15 entries
	HIGH JUMP – SECTION B -TO FOLLOW	WOMEN	1.60m	5'2 1/2 "
11:00 AM	LONG JUMP	WOMEN	5.40M	18' 1/2 "
11:00 AM	POLE VAULT - SECTION A	MEN	4.75M	15'3" top 15 entries
	POLE VAULT – SECTION B-TO FOLLOW	MEN	4.60M	14'9"
2:00 PM	DISCUS	WOMEN	40.84M	134' 0"
2:00 PM	SHOT PUT	MEN	15.00M	49' 2 1/2"
2:00 PM	HIGH JUMP –SECTION A	MEN	2.00M	6'6 3/4" top 15 entries
	HIGH JUMP – SECTION B – TO FOLLOW	MEN	1.95M	6'4 3/4"
2:00 PM	LONG JUMP	MEN	6.95M	22'9 3/4"

* All races will be seeded by time and run against time. Long Jump, Triple Jump, Shot Put, Discus, Hammer and Javelin – flights will compete from top seed down with first 2 flights completing their trial and finals (6 attempts or 3 fouls) Each flight after that an athlete's first legal mark will be measured. Subsequent efforts must meet the following minimum marks to be measured.

SATURDAY, March 29th, 2008

<u>TIME</u>	<u>EVENT</u>		<u>CLASSIFICATION</u>	<u>STANDARD</u>
10:30 AM	3000 steeplechase	(SECTION II)	WOMEN	UNSEEDED
10:45 AM	3000steeplechase	(SECTION II)	MEN	UNSEEDED
11:00 AM	1500 M	(SECTION II) (heats as needed)	MEN	UNSEEDED
11:15 AM	1500 M	(SECTION II) (heats as needed)	WOMEN	UNSEEDED
12:00 noon	110 M HIGH HURDLE2	2 section final – top 16	MEN	FINAL
12:05 PM	100 M HIGH HURDLE	2 section final – top 16	WOMEN	FINAL
12:10 PM	100 M	2 section final – top 16	MEN	FINAL
12:15 PM	100 M	2 section final – top 16	WOMEN	FINAL
12:25 PM	1500 M	(SECTION I)(2 HEATS)	MEN	FINAL
12:45 PM	1500 M	(SECTION I)(2 HEATS)	WOMEN	FINAL
1:00 PM	4 X 100 M	(SECTION I)	MEN	FINAL
1:05 PM	4 X 100 M	(SECTION II)	MEN	FINAL
1:10 PM	4 X 100 M	(SECTION III)	MEN	FINAL
1:15 PM	4 X 100 M	(SECTION IV)	MEN	FINAL
1:20 PM	4 X 100 M	(SECTION I)	WOMEN	FINAL
1:25 PM	4 X 100 M	(SECTION II)	WOMEN	FINAL
1:30 PM	4 X 100 M	(SECTION III)	WOMEN	FINAL
1:40 PM	800 M-INVITATIONAL	(2 HEATS) –COLLEGE ATH. ONLY	MEN	FINAL
1:45 PM	800 M-INVITATIONAL	(2 HEATS) - COLLEGE ATH. ONLY	WOMEN	FINAL
1:55 PM	4 X 200 M RELAY	(SECTION I)	MEN	FINAL
2:00 PM	4 X 200 M RELAY	(SECTION II)	MEN	FINAL
2:05 PM	4 X 200 M RELAY	(SECTION III)	MEN	FINAL
2:15 PM	4 X 200 M RELAY	(SECTION I)	WOMEN	FINAL
2:20 PM	4 X 200 M RELAY	(SECTION II)	WOMEN	FINAL
2:25 PM	4 X 200 M RELAY	(SECTION III)	WOMEN	FINAL

SATURDAY, March 29th 2008

2:35 PM	4 X 800 M RELAY	(SECTION I)	MEN	FINAL
2:45 PM	4 X 800 M RELAY	(SECTION II)	MEN	FINAL
2:55 PM	4 X 800 M RELAY	(SECTION III)	MEN	FINAL
3:05 PM	4 X 800 M RELAY	(SECTION I)	WOMEN	FINAL
3:15 PM	4 X 800 M RELAY	(SECTION II)	WOMEN	FINAL
3:25 PM	3000 M STEEPLECHASE	(SECTION I)	MEN	FINAL
3:35 PM	3000 M STEEPLECHASE	(SECTION I)	WOMEN	FINAL
3:55 PM	200 M-INVITATIONAL	(1 HEAT) - COLLEGE ATH. ONLY	MEN	FINAL
4:05 PM	200 M-INVITATIONAL	(1 HEAT) - COLLEGE ATH. ONLY	WOMEN	FINAL
4:20 PM	4 X 400 M RELAY	(SECTION I)	MEN	FINAL
4:25 PM	4 X 400 M RELAY	(SECTION II)	MEN	FINAL
4:30 PM	4 X 400 M RELAY	(SECTION III)	MEN	FINAL
4:35 PM	4 X 400 M RELAY	(SECTION IV)	MEN	FINAL
4:40 PM	4 X 400 M RELAY	(SECTION V)	MEN	FINAL
4:50 PM	4 X 400 M RELAY	(SECTION I)	WOMEN	FINAL
4:55 PM	4 X 400 M RELAY	(SECTION II)	WOMEN	FINAL
5:00 PM	4 X 400 M RELAY	(SECTION III)	WOMEN	FINAL

FIELD EVENT

		MINIMUM MARK MEASURED	
10:00 am	JAVELIN	MEN	55.m 180'5"
10:00 am	HAMMER	MEN	47.85.m 157'
11:00 am	TRIPLE JUMP	MEN	14.00m 45' 11 "
10:00 am	POLE VAULT – SECTION B	WOMEN	3.40M 10' 8"
12:00 pm	POLE VAULT –SECTION A	WOMEN	3.60m 11' 6 1/2 " top 15 entries
1:00 pm	HAMMER	WOMEN	45.00m 149'
1:00 pm	JAVELIN	WOMEN	38.50m 126' 4"
2:00 pm	TRIPLE JUMP	WOMEN	11.10m 36'6"

Implement Weigh-In Friday

(located next to hammer/disc cage)

Saturday

Discus	Men	8:30am
Shot	Women	8:30am
Discus	Women	12 noon
Shot	Men	12 noon
Hammer	Women	1:00pm (then impounded)
Hammer	Men	1:00pm (then impounded)
Javelin	Men	8:15 am
Javelin	Women	12 noon

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COACHES – WHEN ENTERING AN ATHLETE DO NOT USE A PREDICTED BEST MARK, US AN ACTUAL MARK

Results: All results will be posted at the top of the stands and at gopack.com and at flashresults.com