

## Time Schedule

**Meet:** Shasta Invitational

**Date:** Saturday, April 19<sup>th</sup>, 2008

**Site:** Shasta College

**Entries:** Use Direct Athletics – Deadline is Wednesday, February 13<sup>th</sup>

**Check-in:** Athletes entered in track events need to check in at least 20 minutes prior to their event at the clerks table located near the start to the 100M. Field event athlete's need to check in at their event site.

## Meet Schedule

### Running Events

10:30 10,000M (Combined)  
11:30 3,000M Steeple (W)  
11:50 3,000M Steeple (M)  
12:05 4 x100M (W)  
12:15 4 x 100M (M)  
12:25 1,500M (W)  
12:35 1,500M (M)  
12:05 100H (W)  
1:05 110H (M)  
1:15 400M (W)  
1:25 400M (M)  
1:35 100M (W)  
1:45 100M (M)  
1:55 800M (W)  
2:05 800M (M)  
2:20 400H (W)  
2:30 400H (M)  
2:45 200M (W)  
2:55 200M (M)  
3:10 5,000M (W)  
3:40 5,000M (M)  
4:10 4x400M (W)  
4:15 4x400M (M)

### Field Events

11:00 Women's Hammer; Men to follow  
11:00 Men's Shot Put; Women to follow  
11:00 Women's Pole Vault; Men to follow  
11:00 Men's Javelin; Women to follow  
11:00 Women's High Jump; Men to follow  
11:00 Men's Long Jump; Women to follow  
2:00 Women's Discus; Men to follow  
2:00 Men's triple Jump; Women to follow