

**SCHEDULE OF STARTING TIMES
CLASSES "AA" AND "C"
HELENA**

FRIDAY - MAY 23, 2008

<u>Time</u>	<u>Running Events</u>	<u>Time</u>	<u>Field Events</u>
10:30	Trials - 400 M Relay - "C" (B) - 2 heats	9:00	Pole Vault Warm-up - "C" (B)
10:45	Finals - 400 M Relay - "AA" (B)		Javelin - "C" (B)
10:50	Trials - 400 M Relay - "C" (G) - 2 heats		Shot Put - "C" (G)
11:05	Finals - 400 M Relay - "AA" (G)	10:00	Pole Vault - "C" (B)
11:25	Finals - 300 M Int Hurdles - "C" (B) - 2 sections	10:30	Long Jump - "AA" (B)
11:35	Finals - 300 M Int Hurdles - "AA" (B)		Long Jump - "C" (G)
11:45	Finals - 300 M Low Hurdles - "C" (G) - 2 sections		High Jump - "AA" (G)
11:55	Finals - 300 M Low Hurdles - "AA" (G)		Javelin - "AA" (G)
12:05	<i>PRESENTATION OF COLORS</i>		Shot Put - "AA" (B)
12:35	Finals - 800 M Run - "C" (B)	12:05	<i>PRESENTATION OF COLORS</i>
12:45	Finals - 800 M Run - "AA" (B)	12:30	Pole Vault Warm-up - "C" (G)
1:00	Trials - 110 M Hurdles - "C" (B) - 2 heats		Javelin - "C" (G)
1:20	Trials - 100 M Hurdles - "C" (G) - 2 heats		Shot Put - "C" (B)
1:35	Trials - 100 M Dash - "C" (B) - 2 heats	1:30	Pole Vault - "C" (G)
1:45	Finals - 100 M Dash - "AA" (B)		Long Jump - "AA" (G)
1:50	Trials - 100 M Dash - "C" (G) - 2 heats		Long Jump - "C" (B)
2:05	Finals - 1600 M Run - "C" (G)		High Jump - "AA" (B)
2:20	Finals - 1600 M Run - "AA" (G)	2:00	Javelin - "AA" (B)
2:35	Finals - 400 M Dash - "C" (B) - 2 sections		Shot Put - "AA" (G)
2:45	Finals - 400 M Dash - "AA" (B)		
2:55	Finals - 400 M Dash - "C" (G) - 2 sections		
3:05	Finals - 400 M Dash - "AA" (G)		
3:15	Finals - 3200 M Run - "C" (B)		
3:35	Finals - 3200 M Run - "AA" (B)		
3:55	Trials - 200 M Dash - "C" (B) - 2 heats		
4:05	Trials - 200 M Dash - "C" (G) - 2 heats		
4:15	Finals - 200 M Dash - "AA" (G)		

Note for Class AA: All running and field events are finals.

Note for Class C: 300m hurdles, 400m dash, 4 x 400m relay are timed finals. 100m dash, 200m dash, 110m hurdles, 100m hurdles and 4 x 100m relay are scheduled for preliminaries and finals. All field events are finals.

**SCHEDULE OF STARTING TIMES
CLASSES "AA" AND "C"
HELENA**

SATURDAY - MAY 24, 2008

TimeRunning Events

11:00	Finals - 400 M Relay - "C" (B)
11:10	Finals - 400 M Relay - "C" (G)
11:20	Finals - 800 M Run - "C" (G)
11:30	Finals - 800 M Run - "AA" (G)
11:45	<i>PRESENTATION OF COLORS</i>
12:15	Finals - 110 M Hurdles - "C" (B)
12:20	Finals - 110 M Hurdles - "AA" (B)
12:35	Finals - 100 M Hurdles - "C" (G)
12:40	Finals - 100 M Hurdles - "AA" (G)
12:55	Finals - 100 M Dash - "C" (B)
1:00	Finals - 100 M Dash - "C" (G)
1:05	Finals - 100 M Dash - "AA" (G)
1:15	Finals - 1600 M Run - "C" (B)
1:30	Finals - 1600 M Run - "AA" (B)
1:45	Finals - 200 M Dash - "AA" (B)
1:50	Finals - 200 M Dash - "C" (B)
1:55	Finals - 200 M Dash - "C" (G)
2:05	Finals - 3200 M Run - "C" (G)
2:25	Finals - 3200 M Run - "AA" (G)
2:45	Finals - 1600 M Relay - "AA" (G)
2:55	Finals - 1600 M Relay - "AA" (B)
3:05	Finals - 1600 M Relay - "C" (B) – 2 sections
3:20	Finals - 1600 M Relay - "C" (G) – 2 sections

Time Field Events

9:00	Pole Vault Warm-up - "AA" (B) Discus - "C" (G)
10:00	Pole Vault - "AA" (B)
10:30	Triple Jump - "C" (B) Triple Jump - "AA" (G) High Jump - "C" (G) Discus - "AA" (B)
11:45	<i>PRESENTATION OF COLORS</i>
12:00	Discus – "C" (B)
12:30	Pole Vault Warm-up - "AA" (G)
1:30	Pole Vault - "AA" (G) Triple Jump - "C" (G) Triple Jump - "AA" (B) High Jump - "C" (B) Discus - "AA" (G)

Note for Class AA: All running and field events are finals.

Note for Class C: 300m hurdles, 400m dash, 4 x 400m relay are timed finals. 100m dash, 200m dash, 110m hurdles, 100m hurdles and 4 x 100m relay are scheduled for preliminaries and finals. All field events are finals.