

# 2008 PARADISE VALLEY INVITATIONAL

Thursday, April 3<sup>rd</sup>

## START TIME

6:00 PM  
6:15 PM  
6:30 PM  
6:45 PM  
7: 00 PM  
7: 25 PM  
7: 35 PM

## TRACK EVENTS

4 x 800m (W)  
4 x 800m (M)  
3000m STEEPLE CHASE (W)  
3000m STEEPLE CHASE (M)  
5000m (W)  
5000m (M)  
10000m (W&M Combined)

Saturday, April 5<sup>th</sup>

## START TIME

10:00 AM  
10:00 AM  
10:00 AM  
10:00 AM  
11:00 AM  
11:00 AM  
11:15 AM  
12:00 PM

## FIELD EVENTS

HAMMER (W followed by M)  
POLE VAULT (W followed by M)  
LONG JUMP (Open Pit until 11:00 a.m.)  
JAVELIN (M followed by W)  
HIGH JUMP (W followed by M)  
SHOT PUT (W followed by M)  
TRIPLE JUMP (Open Pit until 12:15 p.m.)  
DISCUS (W followed by M)

## START TIME

10:00 AM  
10:10 AM  
10:15 AM  
10:25 AM  
10:35 AM  
10:45 AM  
10:55 AM  
11:05 AM  
11:15 AM  
11:25 AM  
11:35 AM  
11:45 AM  
12:00 PM  
12:10 PM  
12:20 PM  
12:35 PM  
12:50 PM  
12:55 PM

## TRACK EVENTS

4X100 RELAY (W)  
4X100 RELAY (M)  
1500 (W)  
1500 (M)  
100 HURDLES  
110 HURDLES  
400 (W)  
400 (M)  
100 (W)  
100 (M)  
800 (W)  
800 (M)  
400 HURDLES (W)  
400 HURDLES (M)  
200 (W)  
200 (M)  
4X400 RELAY (W)  
4X400 RELAY (M)

High Jump Progression:

Men followed by women

Men

1.70/5-7 – 1.75/5-8<sup>3</sup>/<sub>4</sub> – 1.80/5-10<sup>3</sup>/<sub>4</sub> – 1.85/6-0<sup>3</sup>/<sub>4</sub> – 1.90/6-2<sup>3</sup>/<sub>4</sub> – 1.95/6-4<sup>3</sup>/<sub>4</sub> – **2.00/6-6<sup>3</sup>/<sub>4</sub>** –  
2.05/6-8<sup>3</sup>/<sub>4</sub> – 2.10/6-10<sup>3</sup>/<sub>4</sub>

Women

1.35/4-5 – 1.40/4-7 – 1.45/4-9 – 1.50/4-11 – 1.55/5-1 – **1.60/5-3** – 1.65/5-5 – 1.70/5-7  
1.75/5-8<sup>3</sup>/<sub>4</sub>

Pole Vault Progression:

Women followed by men

Women

2.27/7-5<sup>1</sup>/<sub>4</sub> – 2.47/8-1<sup>1</sup>/<sub>4</sub> – 2.67/8-9 – 2.82/9-3 – **2.97/9-9** – 3.12/10-2<sup>3</sup>/<sub>4</sub> – 3.27/10-8<sup>3</sup>/<sub>4</sub> – 3.42/11-2<sup>1</sup>/<sub>2</sub>  
3.57/11-8<sup>1</sup>/<sub>2</sub> – 3.72/12-2<sup>1</sup>/<sub>2</sub> – 3.82/12-6<sup>1</sup>/<sub>4</sub> – 3.92/12-10<sup>1</sup>/<sub>4</sub> – 4.02/13-2<sup>1</sup>/<sub>4</sub>

Men

3.64/11-11<sup>1</sup>/<sub>4</sub> – 3.84/12-7<sup>1</sup>/<sub>4</sub> – 4.04/13-3 – 4.24/13-11 – 4.39/14-4<sup>3</sup>/<sub>4</sub> – **4.54/14-10<sup>3</sup>/<sub>4</sub>**  
4.69/15-4<sup>1</sup>/<sub>2</sub> – 4.84/15-10<sup>1</sup>/<sub>2</sub> – 4.94/16-2<sup>1</sup>/<sub>2</sub> – 5.04/16-6<sup>1</sup>/<sub>2</sub>