

2008 NORTH FLORIDA RELAYS ITINERARY & SCHEDULE

Saturday, March 22, 2008

(Note: all times have been converted to Tallahassee time!!!)

7:45am sharp	Depart Maclay Gym (provisions enroute)
10:15am	Arrive at Bay High School Track (1200 Harrison Ave, Panama City 32401)
11:00am	Field Events , 4x800, prelims
	Boys LJ, then girls LJ
	Girls TJ, then boys TJ
	Girls discus, then boys discus
	Girls PV, then boys PV
	Boys HJ, then girls HJ
	4x800
	100H/110H
	100
1:30pm	Running Finals
	100H/110H
	100
	4x200
	DMR (800/400/1200/1600)
	4x100
	300H
	SMR (200/200/400/800)
	3200
	4x400
9:00pm	Back at Maclay (dinner stop enroute)