

::XO INVITE SCHEDULE – SATURDAY APRIL 28TH::

Final Schedule – Find more information at www.teamxo.com

XO INVITE RUNNING EVENTS

Packet Pickup (9:00 – 10:30 at the Bowerman Building)

Coaches Meeting (10:30 at the Bowerman Building)

- 11:00 Boys 3000m (B race) – 1 heat
- 11:14 Boys 1500m (B race) – 1 heat
- 11:21 Girls 1500m (B race) – 1 heat
- 11:28 Boys 3000m freshman Championships – 1 heat of 16
- 11:42 Girls 3000m freshman Championships – 1 heat of 16
- 11:56 Boys 100m Dash (B races) – 3 heats
- 12:10 Girls 100m Dash (B races) – 2 heats
- 12:20 Boys 400m Dash (B races) – 3 heats
- 12:35 Girls 400m Dash (B races) – 3 heats
- 12:55 Boys 110m High Hurdles (B races) – 3 heats
- 1:15 Girls 100m High Hurdles (B races) – 3 heats
- 1:35 Boys 800m Dash (B race) – 1 heat
- 1:40 Girls 800m Dash (B race) – 1 heat
- 1:45 Boys 200m Dash (B races) – 3 heats
- 2:00 Girls 200m Dash (B races) – 2 heats
- 2:10 Boys 3000m steeplechase (The City of Eugene) 1 heat
- 2:27 Girls 2000m steeplechase (The City of Eugene) 1 heat
- 2:45 Boys 300m Intermediate Hurdles (All races) – 4 heats
- 3:05 Girls 300m Low Hurdles (Dyestat.com) (All races but the fastest) – 3 heats
- 3:20 Officials Break 1 - **Green4go** will play (acoustic) until the Opening ceremonies

4:00 **Opening Ceremonies (National Anthem)**

The high performance window starts

- 4:10 Girls 300m Low Hurdles (Dyestat.com) (A race) 1 heat
- 4:20 Boys 400m Relay (Athletic.net) (All races – slow to fast)
- 4:35 Girls 400m Relay (Athletic.net) (All races – slow to fast)
- 4:50 Boys 1500m Run (Eugene Running Co.) (A race) 1 heat
- 4:57 Girls 1500m Run (Eugene Running Co.) (A race) 1 heat
- 5:05 Boys 100m Dash (A race) 1 heat
- 5:10 Girls 100m Dash (A race) 1 heat
- 5:15 Boys 100m freshman Championships 2 heats
- 5:20 Girls 100m freshman Championships 2 heats
- 5:25 100m Wheelchair Race – Mixed 1 heat
- 5:30 Boys Sprint Medley Relay (200-200-400-800) 2 heats of 8 teams
- 5:45 Girls Sprint Medley Relay (200-200-400-800) 2 heats of 8 teams
- 6:00 Boys 3000m (Nike) (A race) 1 heat *Band Plays during race (instruments only)*
- 6:15 Girls 3000m (Nike) (A race – all competitors) *Band Plays during race (instruments only)*
- 6:30 **Official's Break 2** (Band plays – **Natural Progression** – one of Eugene's best bands)
- 7:10 Boys 400m Dash (A race)
- 7:15 Girls 400m Dash (A race)
- 7:25 Boys 110m High Hurdles (U of O Bookstore) (A race)
- 7:33 Girls 100m High Hurdles (U of O Bookstore) (A race)
- 7:40 Boys 800m Dash (Oregon Track Club) (A race)
- 7:45 Girls 800m Dash (Oregon Track Club) (A race)
- 7:50 Boys 200m Dash (A race)
- 7:55 Girls 200m Dash (A race)
- 8:00 Boys Distance Medley Relay (1200-400-800-1600) (1 heat of 16 teams) *drums play during race*
- 8:15 Girls Distance Medley Relay (1200-400-800-1600) (1 heat of 16 teams) *drums play during race*
- 8:30 1500m Wheelchair Race (World Wheelchair Sports) – Mixed 1 heat *drums play during race*
- 8:38 Boys 1600m Relay (Oregonlive.com) (All races – slow to fast) *drums play during race*
- 8:55 Girls 1600m Relay (Oregonlive.com) (All races – slow to fast) *drums play during race*

XO INVITE FIELD EVENTS

- 11:00 Boys Discus (at Hammer Ring)
- 11:00 Boys Javelin
- 11:00 Girls High Jump (Pepsi)
- 12:00 Boys Pole Vault (west)
- 12:00 Girls Pole Vault (east)
- 12:30 Boys Long Jump (Lane County Parks) (west)
- 12:30 Girls Long Jump (Lane County Parks) (east)
- 12:30 Girls Shot Put
- 1:45 Girls Hammer (Oregon Electric Station) (at Hammer Ring)
- 3:30 Boys Hammer (Oregon Electric Station) (at Hammer Ring)
- 3:00 Girls Javelin
- 4:30 Boys High Jump (Pepsi)
- 5:30 Girls Discus (at Hammer Ring)
- 5:30 Girls Triple Jump (west)
- 5:30 Boys Triple Jump (east)
- 5:30 Boys Shot

::MEET PARTNERS / SPONSORS::

Oregon Track Club - University of Oregon - Nike - Eugene Running Company - Athletic.net - The Oregonlive.com - Oregon Track Club Masters - Track Town Pizza - Pepsi - Track City Orthotics – Best Western – Wells Fargo – Dyestat.com - Shutterbug - Pearl Street Ice Cream - Bi-mart - Pacific ClearVision - U of O Book Store - Oregon Electric Station – Lane County Parks – The City of Eugene – CVALCO – Parties to Go