

**ASU Invitational Indoor Track and Field Meet**  
**Saturday December 2, 2006 - Holmes Center - Boone, N.C.**

**Field Event Schedule:**

11:00 am    W-Long Jump, men to follow  
              W-Pole Vault, men to follow  
              M High Jump, women to follow  
              M Weight, women to follow  
3:00 pm     W-Triple Jump, men to follow  
              M-Shot Put, women to follow

**Running Schedule:**

11:00 am    W 55-meter Hurdles  
11:20 am    M 55-meter Hurdles  
11:40 am    W 55-meter Hurdles  
12:10 pm    M 55-meter Dash  
12:55 pm    W Mile Run  
1:15 pm     M Mile Run  
1:50 pm     W 400-meter Dash  
2:20 pm     M 400-meter Dash  
2:40 pm     W 800-meter Dash  
3:00 pm     M 800-meter Dash  
3:20 pm     W 200-meter Dash  
3:40 pm     M 200-meter Dash  
4:15 pm     W 3000-meter Dash  
4:30 pm     M 3000-meter Dash  
4:45 pm     W 4 x 400-meter Relay  
5:05 pm     M 4 x 400-meter Relay

**MEET NOTES:**

*Please remind your athletes, staff and spectators:*

The Holmes Center prohibits the bringing in of outside food or drink - there will be a concessions stand in operation during the meet;

Enter at the Northwest Entrance to the Holmes Center (marked above doors);

If the schedule falls behind, the meet will move from event to event;

DO NOT CROSS THE FINISH LINE AREA AT ANY TIME ONCE THE RACES BEGIN; GO INSIDE THE ARENA TO GET AROUND THAT AREA

COACHES, SPECTATORS AND ATHLETES WILL NOT GO TO THE RESULTS TABLE TO LOOK FOR TIMES, THEY WILL BE POSTED QUICKLY AFTER EACH RACE;

THE MAIN STRAIGHT AREA WILL BE CLOSED **40 MINS PRIOR TO THE HURDLES** TO ALLOW THE HURDLERS TO WARM-UP WITHOUT PEOPLE WALKING OR RUNNING IN THEIR WAY.