

**2010 MARTIN LUTHER KING JR.
MILE HI CLASSIC**

DATE: SUNDAY, JANUARY 31, 2010
TIME: 9:00 A.M. TO 4:30 P.M.
LOCATION: UNITED STATES AIR FORCE ACADEMY, COLORADO SPRINGS
FACILITY: 300M COMPOSITION SURFACE
SPONSOR: USATF/COLORADO
SANCTION: USATF/COLORADO
AWARDS: MEDALS 1 -3, RIBBONS 4 -6
TIMING: LYNX SYSTEM
ENTRY FEE: \$6.00 PER EVENT -\$24.00 PER RELAY
REGISTRATION: PRE REGISTRATION ONLINE @ USATF-CO.ORG
MEET DAY LATE REGISTRATION \$7.00

EVENTS:

(10 AND UNDER)* 60/200/400/800/MILE/4X1 LAP/HJ/LJ/SP
(11-12)* 60/200/400/800/MILE/60MH/4X1 LAP/HJ/LJ/SP
(13-14)* 60/200/400/800/MILE/60MH/4X1 LAP/HJ/LJ/TJ/SP/PV
(HS 14-19)* 60/200/400/800/MILE/60MH/4X1 LAP/HJ/LJ/TJ/SP/PV
(OPEN) 60/200/400/800/MILE/60MH/4X1 LAP/HJ/LJ/TJ/SP/PV

**AGE ON DECEMBER 31, 2010*

SCHEDULE OF EVENTS

TRACK	FIELD
0900 60MH	0900 PV(ALL)
0945 MILE	0930 LJ(BB BG MB MG)HJ(YB YG)
1100 400	1030 HJ(HS OPEN)SP(BB MB YB)
1215 60 PRELIM	1200 LJ(YB YG)HJ(BB BG MB MG)
1330 LUNCH BREAK	1200 SP(BG MG YG)
1400 60 FINAL	1330 LJ(HS OPEN)
1415 800	1330 SP(HS OPEN)
1530 200	1500 TJ(ALL)
1630 4X1 LAP	

NOTES:

MEET OPEN TO ALL CURRENT USATF REGISTERED ATHLETES. LATE REGISTRATION WILL BE AVAILABLE AT THE MEET.

EVENTS WILL BE CONTESTED FEMALE/MALE AND OLDEST TO YOUNGEST. ALL EVENTS WILL BE SEEDED IN CLERKING AREA, FAST TO SLOW HEATS, TIMED FINALS.

IF NECESSARY, A FINAL IN THE HS 60 WILL BE RUN AFTER THE LUNCH BREAK