

Rafer Johnson/JJK Invitational 2008

Updated Competition Schedule & Final Meet Instructions

Welcome to the 2008 Rafer Johnson/Jackie Joyner Kersee Track & Field Invitational. Please read the notes below for updated information regarding our competition rules and regulations and the final updated time schedule.

Field Events

Hammer & Javelin Events

- Invitational Sections – each athlete will be given 6 throws. All fair throws will be measured.
- Open Sections – each athlete will be given 4 throws. Fair throws will be pegged and only the best will be measured.

Discus & Shot Put Events

- Invitational Sections – each athlete will be given 6 throws. All fair throws will be measured.
- Open Sections – 3 throws per flight, top 9 will advance to final for 3 more throws.

Long & Triple Jump Events

- Invitational Sections – each athlete will be given 6 jumps. All fair jumps will be measured.
- Open Sections – 3 jumps per flight, top 9 will advance to final for 3 more jumps.

Pole Vault

- Bar Progressions
 - Men's Invitational : 4.76, 4.91, 5.06, 5.21, 5.31
 - Men's Open: 4.00, 4.15, 4.30, 4.40
 - Women's Invitational: 3.56, 3.71, 3.86, 4.01, 4.11
 - Women's Open: 3.10, 3.25, 3.40, 3.55, 3.65

High Jump

- Bar Progressions
 - Men's Invitational: 2.00, 2.05, 2.10, 2.13
 - Men's Open: 1.83, 1.88, 1.93, 1.98, 2.01
 - Women's Invitational: 1.60, 1.65, 1.70, 1.75, 1.80, 1.83
 - Women's Open: 1.45, 1.50, 1.55, 1.60, 1.65, 1.68

Running Events

Clerk is located on the Northwest corner of the IM Field adjacent to the track. Last call will be 15 minutes prior to the scheduled starting time. Athletes not checked in at this time will be scratched from the event.

We have several large fields during the open section of this meet. We will consolidate the number of heats when possible. Athletes may check in with the clerk upon arrival.

2008 UCLA RAFAEL JOHNSON/JACKIE JOYNER-KERSEE INVITATIONAL**Thursday, April 10 - Saturday, April 12, 2008****UCLA Drake Stadium
Los Angeles, California****THURSDAY, APRIL 10**

Decathlon				
Time	Gender	Event	Flights	Athletes
9:45 a.m.	Men	100 Meters		
10:30 a.m.	Men	Long Jump		
11:45 a.m.	Men	Shot Put		
12:45 p.m.	Men	High Jump		
2:30 p.m.	Men	400 Meters		
Heptathlon				
Time	Gender	Event	Flights	Athletes
10:15 a.m.	Women	100m Hurdles		
11:00 a.m.	Women	High Jump		
1:00 p.m.	Women	Shot Put		
2:00 p.m.	Women	200 Meters		
Throwing Events				
Time	Gender	Event	Flights	Athletes
2:00 p.m.	Women	Hammer		
4:30 p.m.	Men	Hammer		

FRIDAY, APRIL 11

Decathlon				
Time	Gender	Event	Flights	Athletes
9:00 a.m.	Men	110m Hurdles		
9:45 a.m.	Men	Discus		
11:00 a.m.	Men	Pole Vault		
1:00 p.m.	Men	Javelin		
2:15 p.m.	Men	1500 Meters		
Heptathlon				
Time	Gender	Event	Flights	Athletes
10:00 a.m.	Women	Long Jump		
11:15 a.m.	Women	Javelin		
12:30 p.m.	Women	800 Meters		
Field Events				
Time	Gender	Event	Flights	Athletes
1:00 p.m.	Women	Shot Put		
1:00 p.m.	Men	Discus		
1:30 p.m.	Men	Pole Vault		
2:00 p.m.	Women	Long Jump		
2:00 p.m.	Men	Long Jump		
2:15 p.m.	Men	High Jump		
3:00 p.m.	Women	Discus		
4:00 p.m.	Men	Shot Put		
4:15 p.m.	Women	Triple Jump		
4:15 p.m.	Men	Triple Jump		
4:30 p.m.	Women	Pole Vault		
5:00 p.m.	Women	High Jump		
5:30 p.m.	Men	Javelin		
7:30 p.m.	Women	Javelin		

**Schedule subject to change due to number of entries.*

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Los Angeles, California****FRIDAY, APRIL 11 (cont.)**

Track Events				
Time	Gender	Event	Heats	Athletes
2:00 p.m.	Women	100m Hurdles		
2:25 p.m.	Men	110m Hurdles		
2:50 p.m.	Women	100 Meters		
3:10 p.m.	Men	100 Meters		
3:30 p.m.	Women	400 Meters		
3:55 p.m.	Men	400 Meters		
4:20 p.m.	Women	400m Hurdles		
4:40 p.m.	Men	400m Hurdles		
5:10 p.m.	Women	200 Meters		
5:25 p.m.	Men	200 Meters		
Distance Events				
Time	Gender	Event	Heats	Athletes
6:00 p.m.	Women	Steeplechase		
6:20 p.m.	Men	Steeplechase		
6:35 p.m.	Women	800 Meters		
6:50 p.m.	Men	800 Meters		
7:05 p.m.	Women	1500 Meters		
7:35 p.m.	Men	1500 Meters		
8:15 p.m.	Women	5000 Meters		
9:00 p.m.	Men	5000 Meters		
9:45 p.m.	Women	10000 Meters		
10:25 p.m.	Men	10000 Meters		

SATURDAY, APRIL 12

Field Events				
Time	Gender	Event	Flights	Athletes
10:45 a.m.	Men	High Jump		
11:15 a.m.	Women	Pole Vault		
Noon	Women	Shot Put		
12:15 p.m.	Men	Discus		
12:30 p.m.	Women	High Jump		
12:45 p.m.	Women	Long Jump		
12:45 p.m.	Men	Long Jump		
1:25 p.m.	Men	Pole Vault		
1:45 p.m.	Women	Discus		
2:00 p.m.	Men	Shot Put		
2:00 p.m.	Women	Triple Jump		
2:00 p.m.	Men	Triple Jump		

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Thursday, April 10 - Saturday, April 12, 2008

UCLA Drake Stadium
Los Angeles, California

SATURDAY, APRIL 12 (cont.)

Track Events				
Time	Gender	Event	Heats	Athletes
12:15 p.m.	Women	400m Relay		
12:25 p.m.	Men	400m Relay		
12:35 p.m.	Women	1500 Meters		
12:45 p.m.	Women	100m Hurdles		
12:55 p.m.	Men	110m Hurdles		
1:05 p.m.	Women	400 Meters		
1:10 p.m.	Men	400 Meters		
1:15 p.m.	Women	100 Meters		
1:20 p.m.	Men	100 Meters		
1:30 p.m.	Women	800 Meters		
1:35 p.m.	Men	800 Meters		
1:45 p.m.	Women	400m Hurdles		
1:55 p.m.	Men	400m Hurdles		
2:00 p.m.	CEREMONY			
2:20 p.m.	Men	Mile		
2:30 p.m.	Women	200 Meters		
2:35 p.m.	Men	200 Meters		
2:45 p.m.	Women	1600m Relay		
2:55 p.m.	Men	1600m Relay		

** A final competition schedule will be produced and posted Wednesday, April 9 at noon. Be sure to check our website to view this final time schedule.

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