

- Wear sunscreen! The weather looks warm for the most part.
- It's suggested that you bring a fully charged cell phone. Make sure at least 1 person has your number. Answer if it rings.
- Arrive at Rosa at **7:00 AM**. The bus *must* leave at 7:15 so anyone who is late should attend school
- The bus will return to Rosa at **4:00** so you will be able to take the late bus home. We will practice until 4:20.
- There are many concession stands for food, drink, shirts, hats, shoes, and other souvenirs.
- We will be sitting on the backstretch in close proximity to the pole vault pits.
- If you leave our area you must be with at least one other person.
- If you would like to see the throwing events you must have one of our adults go with you because it is across the street. ******Bring this paper with you******
- Once we tell you our meet-up time you should be early so that we can take attendance before we leave
- For a full schedule, results, and information of what you can and can't bring inside visit www.thepennrelays.com
- No backpacks can enter. You can bring a 1-gallon clear plastic bag. You can bring plastic water bottles that are sealed. They are very strict and make no exceptions.

RUNNING EVENTS

301	College Men's 400m Hurdles Championship	9:00 AM
302	High School Boys' 4x800 Small Schools	9:20 AM
303	High School Boys' 4x800 Small Schools	9:30 AM
304	High School Boys' 4x800 Large Schools	9:40 AM
305	High School Boys' 4x800 Large Schools	9:50 AM
306	PIAA JV/9 Boys 4x100	10:00 AM
307	PIAA JV/9 Girls 4x100	10:02 AM
308	PIAA Middle School Boys 4x100	10:04 AM
309	PIAA Middle School Girls 4x100	10:06 AM
310	Camden Diocese Boys 4x100	10:08 AM
311	Camden Diocese Girls 4x100	10:10 AM
312	South Jersey Middle School Boys 4x100	10:12 AM
313	South Jersey Middle School Girls 4x100	10:14 AM
314	Wilmington Diocese Boys 4x100	10:16 AM
315	Wilmington Diocese Girls 4x100	10:18 AM
316	Philadelphia Archdiocese Junior Boys 4x100	10:20 AM
317	Philadelphia Archdiocese Junior Girls 4x100	10:22 AM
318	Philadelphia Archdiocese Senior Boys 4x100	10:24 AM
319	Philadelphia Archdiocese Senior Girls 4x100	10:26 AM
320	Philadelphia 7th & 8th Grade Small Schools Boys 4x100	10:28 AM
321	Philadelphia 7th & 8th Grade Small Schools Girls 4x100	10:30 AM
322	Philadelphia 7th & 8th Grade Large Schools Boys 4x100	10:32 AM
323	Philadelphia 7th & 8th Grade Large Schools Girls 4x100	10:34 AM
324	Philadelphia Area Private & Charter Schools Boys 4x100	10:36 AM
325	Philadelphia Area Private & Charter Schools Girls 4x100	10:38 AM
326	High School Boys' 4x100 Small Schools (Heats)	10:40 AM
327	High School Boys' 4x100 Large Schools (Heats)	11:40 AM
328	High School Boys' Prep School 4x100 Independent	12:30 PM

329	Philadelphia Elementary 4th Grade Shuttle Relay	12:30 PM
330	Philadelphia Elementary 5th Grade Shuttle Relay	12:45 PM
331	Philadelphia 6th Grade Shuttle Relay	1:00 PM
332	College Men's 4x100 (Heats)	12:35 PM
333	College Women's 4x100 Championship of America Invitational Presented by Core Power	1:00 PM
334	College Women's 4x100 College	1:05 PM
335	College Women's 4x100 ECAC	1:07 PM
336	High School Girls' 4x800 Championship of America Presented by Grace Foods	1:10 PM
337	College Women's 4x1500 Championship of America Invitational Presented by Core Power	1:20 PM
338	College Men's 4x200 (Heats)	1:40 PM
339	College Women's 4x200 (Heats)	2:00 PM
340	High School Girls' 4x100 Small Schools	2:25 PM
341	High School Girls' 4x100 Large Schools	2:27 PM
342	High School Girls' 4x100 Championship of America Presented by Grace Foods	2:30 PM
343	Special Olympics 4x100	2:35 PM
344	Special Olympics 4x100 Unified	2:37 PM
345	College Men's Distance Medley	2:40 PM

FIELD EVENTS

701	College Men's Discus Throw College	9:00 AM
702	College Men's High Jump College	10:00 AM
703	College Men's Pole Vault College	10:00 AM
704	College Women's Triple Jump Championship	10:00 AM
705	College Women's Triple Jump College	11:00 AM
706	College Women's Discus Throw Championship	11:30 AM
707	College Men's Shot Put Championship	Noon
708	High School Boys' Discus Throw Championship	12:45 PM
709	College Men's Shot Put College	1:15 PM
710	High School Boys' High Jump Championship	1:45 PM
711	College Men's Long Jump Championship	2:00 PM