Augustana College 71st Annual Viking Olympics
Friday-Saturday, March 30-31, 2012
Ericson Stadium, Paul V. Olsen Track, Rock Island, Illinois

Meet Directors:
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1. **Eligibility: Unlimited entries in all events, but some events are contested on Friday.**
2. IMPORTANT!!! ENTRIES MIGHT BE LIMITED IN ORDER TO MAKE THE MEET RUN EFFICIENTLY. YOU WILL BE NOTIFIED WEDNESDAY (3/28) BY NOON IF WE ARE GOING TO LIMIT ANY OF THE EVENTS.

Scoring:10-8–7–6–5–4–3–2–1 (All entries are eligible to score)
Entry fees: $175.00 Per Women's Team $175.00 Per Men's Team

On line registration only at www.PTTiming.com
ENTRIES ARE DUE Tuesday March 27th, 2012 by 7:00 p.m.

Schedule of events:

Women will run 1st in all running events.
Fast heats will run last in all running events.
We will not go ahead of schedule on Friday.

FRIDAY MARCH 30

3:00 p.m. **Heptathlon 100 Meter Hurdles (High Jump – Shot – 200 Meters)**
3:15 p.m. **Decathlon 100 Meters (Long Jump – Shot – High Jump – 400 Meters)**
4:00 p.m. **Hammer (Men)**
4:00 p.m. **Discus (Women)**
4:00 p.m. **Javelin (Women)**
4:00 p.m. **Pole Vault (Women)**
4:00 p.m. **Pole Vault (Men)**
5:00 p.m. **4 x 100 Hurdle Shuttle Relay**
5:15 p.m. **4 x 110 Hurdle Shuttle Relay**
5:30 p.m. **Distance Medley Relay (Women – Men)**
6:00 p.m. **4 x 200 Meters (Women – Men)**
6:15 p.m. **3,000 Meter Steeplechase (Women – Men)**
6:45 p.m. **4 x 800 Meter Relay (Women – Men)**

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Women will run 1st in all running events.
Fast heats will run last in all running events.
Rolling Time Schedule. We will go ahead of schedule after the 4x100 Meter Relay.

Saturday, March 31

10:00 a.m.	**Decathlon 110 Meter Hurdles (Discus – Pole Vault – Javelin – 1500 Meters)**
10:00 a.m.	**Heptathlon Long Jump (followed by Javelin – 800 Meters)**
12:00 p.m.	**Long Jump (Women) then Triple Jump (Women)**
12:00 p.m.	**Long Jump (Men) then Triple Jump (Men)**
12:00 p.m.	**High Jump (Men – Women)**
12:00 p.m.	**Discus (Men)**
11:00 a.m.	**Hammer (Women)**
12:00 p.m.	**Javelin (Men)**
12:30 p.m.	**Shot (Women)**
2:00 p.m.	**Shot (Men)**
10:15 a.m.	**5,000 Meter Race Walk (Co-ed Heat)**
12:00 p.m.	**5,000 Meters (Women Slow heat if necessary)**
12:30 p.m.	**5,000 Meters (Men Slow heat if necessary)**
1:00 p.m.	**4 x 100 Meter Relay (Women – Men)**
1:15 p.m.	**1500 Meters (Women – Men)**
2:15 p.m.	**110 Meter Hurdles**
2:45 p.m.	**100 Meter Hurdles**
3:00 p.m.	**100 Meters (Women – Men)**
3:30p.m.	**400 Meters (Women – Men)**
4:00 p.m.	**800 Meters (Women – Men)**
4:30 p.m.	**400 Meter Hurdles (Women – Men)**
4:45 p.m.	**200 Meters (Women – Men)**
5:00 p.m.	**5,000 Meters (Women) (top 20 Fast heat)**
5:25 p.m.	**5,000 Meters (Men) (top 20 Fast heat)**
5:45 p.m.	**4 x 400 Meter Relay (Women – Men)**

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