

Sprints /Hurdles	Morning Session	Lunch	Afternoon
Short Sprints	(9:00am -11:00am)	(12:00pm-2:00pm)	(2pm-4pm)
Friday, Jan 30th	X		X
Saturday, Jan 31st	X(Wt. Room)		X
Sunday, Feb 1st	X		
Long Sprints			
Friday, Jan 30th	X		X
Saturday, Jan 31st	X(Wt. Room)	X	X
Sunday, Feb 1st	X		
Hurdles			
Friday, Jan 30th	X		X
Saturday, Jan 31st	X(Wt. Room)		X
Sunday, Feb 1st	X		