**2016 Arcadia Invitational**

**April 7-10, 2015 (Thursday - Sunday)**

**Arcadia HS – Arcadia, CA**

**Proposed Schedule:**

**Thursday, April 7th**

* 3:00 pm Leave for Airport to catch Flight – Meet at the Gate
* 6:30 pm Flight to Bob Hope/Burbank Airport
* 8:00 pm Gather at Airport and Pick up Vans
* 9:00 pm Dinner on your own (cars will stop on the way to hotel)
* 10:00 pm Check into Hotel
* 10:30 pm Lights Out

**Friday, April 8th**

* 8:00 am Light Stretching/Warm-up
* 8:30 am Breakfast at Hotel
* 9:00 – 11:00 am TBD
* 11:00 pm Lunch in Arcadia (Lunch on your own)
* 12:00 pm Leave for South Pasadena HS for those competing in the Tiger Invite
* 1:00-10:00 pm Tiger Invitational @ South Pasadena HS
* 3:00 pm Leave for Arcadia HS
* 3:30 – 10:00 pm Arcadia Invitational @ Arcadia HS
* 10:00 pm Dinner in Arcadia
* 11:00 pm Lights Out

**Saturday, April 9th**

* 8:00 am Breakfast at Hotel
* 8:30 am Leave for Arcadia HS
  + - Distance Runner not racing doing a run from the Rose Bowl
* 9:30 am Arcadia HS Invitational All-Day
  + - We will be running shuttles back and forth throughout the day
* 12:00 pm Lunch on your own in Arcadia
* 5:00 pm Dinner on your own in Arcadia
* 10:00 pm Back to hotel
* 10:30 pm Lights Out

**Sunday, April 10th**

* 8:00 a.m. Breakfast at Hotel
* 8:30 a.m. Leave for Airport
* 10:00 a.m. Flight Home
* 12:00 pm Back in Denver