**2016 Arcadia Invitational**

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

**Arcadia HS – Arcadia, CA**

**Thursday, April 7th**

* 9:00 am Leave for Airport to catch Flight – Meet at the Gate
* 11:50 am Flight to Los Angeles International Airport

Southwest Airlines Flight # 3166

* 1:20 pm Arrival/Gather at Airport and Pick up Vans
* 2:30 pm Workout at Manhattan Beach Beach
* 3:30 pm Time to Hangout at Beach
* 5:00 pm Check-in to Hotel – Residence Inn Arcadia (626-446-6500)

321 E. Huntington Dr.

Arcadia, CA 91006

* 5:30 pm Grab dinner in Pasadena
* 10:00 pm Lights Out

**Friday, April 8th**

* 8:00 am Light Stretching/Warm-up
* 8:30 am Breakfast at Hotel
* 9:00 am Down Time at Hotel
* 12:00 pm Lunch in Pasadena
* 1:00 pm Leave for South Pasadena HS for those competing in the Tiger Invite

@ South Pasadena HS

* 3:00 pm Leave for Arcadia HS
* 10:00 pm Dinner in Pasadena
* 11:00 pm Lights Out

**Saturday, April 9th**

* 7:30 am Breakfast at Hotel
* 8:00 am Workout at the Rose Bowl if not racing
* 9:30 am Leave for Arcadia
* 10:49 am Boys Mile
* 12:00 pm Lunch on your own
* 1:49 pm Girls Distance Medley at Arcadia
* 5:00-10:00 pm Saturday Night Invitational Session at Arcadia
* 9:05 Boys Distance Medley Relay
* 10:00 pm Back to hotel
* 11:00 pm Lights Out

**Sunday, April 10th**

* 3:45 a.m. Leave for Airport
* 6:10 a.m. Flight to Denver International Airport

Southwest Airlines Flight #2705

* 9:35 a.m. Arrive at DIA

Have a ride waiting for you at the airport