

ROCK CREEK INVITATIONAL TRACK MEET
April 5th, 2019

FIELD EVENTS: STARTS 9:00 A.M.

SHOT PUT: JH boys, HS boys, HS girls, JH girls

DISCUS: HS girls, JH girls, JH boys, HS boys

LONG JUMP: JH girls, HS girls, HS boys, JH boys

HIGH JUMP: HS boys, JH boys, JH girls, HS girls

POLE VAULT: JH boys, HS boys, HS girls, JH girls

RUNNING EVENTS: STARTS 9:30 A.M

ORDER: JH GIRLS, JH BOYS, HS GIRLS, HS BOYS

ALL RUNNING EVENTS ARE TIMED FINALS!!!!!!!!!!

400 METER RELAY ----- ALL DIVISIONS

3200 RELAY ----- ALL DIVISIONS

100 METER HURDLES --- GIRLS (JH , HS)

110 METER HURDLES --- BOYS (JH, HS)

800 METER RUN ----- ALL DIVISIONS

800 METER RELAY ----- ALL DIVISIONS

3200 METER RUN ----- ALL DIVISIONS

100 METER DASH ----- ALL DIVISIONS

400 METER DASH ----- ALL DIVISIONS

300 METER HURDLES -- ALL DIVISIONS

200 METER DASH ----- ALL DIVISIONS

1600 METER RUN ----- ALL DIVISIONS

1600 METER RELAY ----- ALL DIVISIONS

Heating will be done prior to each event.

NO TEAM CAMPS ON THE TRACK INFIELD.