

OEC Invitational @ RCC
Friday, February 22, 2019

FIELD EVENTS—11:00

Time	Event	Competitor(s)
1:30-3:00	LJ (women in end zone pit, men midfield pit)	
2:30	HJ (men first)	
1:00	SP (women 1st)	
1:00	PV (women 1 st)	
1:00	JAV (men 1 st)	
3:00	Discus (women 1 st , men follow)	
3:00-4:30	TJ (women in end zone pit, men midfield pit)	
11:00	Hammer (open)	

TRACK EVENTS—12:15

Time	Event	Competitor(s)
*12:15	3000M Steeple (W)	
*12:40	3000M Steeple (W)	
1:00	4 x 100M (W)	
1:05	4 x 100M (M)	
1:10	1500M (W)	
1:25	1500M (M)	
1:40	100M Hurdles (w)	
1:50	110M HH (M)	
2:00	400M (M)	
2:10	400M (W)	
2:20	100M (W)	
2:30	100M (M)	
2:40	800M (W)	
2:50	800M (M)	
3:00	400M LH (W)	
3:15	400M LH (M)	
3:25	200M (W)	
3:35	200M (M)	
3:45	5000 (W)	
4:10	5000 (M)	
4:30	4 x 400M (W)	
4:40	4x400M (M)	

