

The RCC Invitational @ RCC (meet will be scored Invitational Style)
Friday, March 1, 2019

FIELD EVENTS—12:00

Time	Event	Competitor(s)
3:30-4:45	LJ (women in end zone pit, men midfield pit)	
4:30	HJ (men first)	
2:00	SP (women 1st)	
4:00	PV (women 1 st)	
2:00	JAV (men 1 st)	
4:00	Discus (women 1 st , men follow)	
4:45-6:30	TJ (women in end zone pit, men midfield pit)	
12:00	Hammer (women 1st)	

TRACK EVENTS—3:15

Time	Event	Competitor(s)
*3:15	3000M Steeple (W)	
*3:40	3000M Steeple (W)	
4:00	4 x 100M (W)	
4:05	4 x 100M (M)	
4:10	1500M (W)	
4:25	1500M (M)	
4:40	100M Hurdles (w)	
4:50	110M HH (M)	
5:00	400M (W)	
5:10	400M (M))	
5:20	100M (W)	
5:30	100M (M)	
5:40	800M (W)	
5:50	800M (M)	
6:00	400M LH (W)	
6:15	400M LH (M)	
6:25	200M (W)	
6:35	200M (M)	
6:45	3000 (W)	
7:00	3000 (M)	
7:15	4 x 400M (W)	
7:20	4x400M (M)	

