

Dual Meet: RCC vs. CSULB

Wednesday, February 23, 2011@ RCC

Entries on Direct Athletics due by Monday February 21st at 6pm

Indoor Track Events: *The track events will start at 4:00pm and follow the below schedule. Please listen and watch for your event because they will not be on a set time schedule. Check in is at the starting line for your event.*

4:00 1000 meters – women
 1000 meters – men

 60 meter hurdles - women
 60 meter hurdles – men

 One Mile - women
 One Mile – men

 300 meters – women
 300 meters – men

 60 meters - women
 60 meters – men

 600 meters - women
 600 meters – men

 3000 meters - women
 3000 meters – men

 4x400 meters - women
 4x400 meters - men

Field Events: *Please check in 30 minutes before your event.*

1:00 Hammer: Men and Women

2:00 Shot Put: Men and Women

After Hammer Javelin: Men and Women

Pole Vault-Men:

High Jump-Men:

3:30 Discus: Men and Women

Long Jump-Men:

3:30 Pole Vault-Women:

High Jump-Women:

4:00 Long Jump-Women:

5:00 Triple Jump-Men first, or combined:
Triple Jump-Women:

**Questions: Please call Coach McCarron (951) 231-3739
Or Coach Smith (702) 204-9540**