

## **RCC Open Friday, March 25, 2011**

### **Final Meet Schedule**

**Cost: \$400 per team (\$200 per gender)...please make checks out to the "RCC Track Trust".**

**Individual Athletes (non community college) are \$15 per event and \$30 per relay team.**

**Registration is on Direct Athletics and the deadline is Wednesday, March 23<sup>rd</sup> at 6pm.**

**Running Events Start time: 2:00 pm** (Listen to the announcer and watch the track because the events will go in order and not follow a time schedule)

**2:00 pm**

4x800 relay...**New race to schedule**

Steeple...**New race to schedule**

110m Hurdles – Men (2)

100m Hurdles – Women (1)

4\*100m Relay – Women (1)

4\*100m Relay – Men (2)

1500m Run – Women (1)

1500m Run – Men (3)

400m Dash – Women (2)

400m Dash – Men (4)

100m Dash – Women (3)

100m Dash – Men (4)

800m Run – Women (1)

800m Run – Men (4)

400m Hurdles – Women (2)

400m Hurdles – Men (3)

4\*200m Relay – Women (1)

4\*200m Relay – Men (1)

200m Dash – Women (3)

200m Dash – Men (5)

2 mile Run – Women (1)

2 mile Run – Men (1)

4\*400m Relay – Women (1)

4\*400m Relay – Men (2)

**Start Time: 10:00 am....this time is an hour earlier than previously posted!!!**

Hammer Throw – Women – 2 flights, Men to follow-2 flights

Pole Vault – Women 1<sup>st</sup>, Men to follow

High Jump – Women 1<sup>st</sup>, Men to follow

**Start Time: 1:00 pm**

Javelin Throw – Men – 2 flights, Women to follow – 2 flights

Shot Put – Men – 2 flights, Women to follow – 2 flights

**Start Time: 2:00 pm**

Long Jump – MEN - 2 flights – end zone pit

Long Jump – WOMEN – 2 flights – midfield pit

**Start Time: 3:30 pm**

Discus – Women – 2 flights, Men to follow -2 flights

**Starting Time: 3:45 pm**

Triple Jump – MEN 1 flight end zone pit – 90 minutes

Triple Jump – WOMEN 1 flight midfield pit – 90 minutes

Throwing Events: All competitors will get 4 throws, we will measure the best.

Jumping Events: All competitors will get 4 jumps.

**Questions: Call Coach McCarron @ 951-222-8322 or Coach Smith @ 702-204-9540...there will be a concessions stand**