

5th Annual RCC Open
Thursday/Friday, March 22- 23, 2012
Hammer and Hot Dogs Thursday March 22, 2012

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 21st at 6pm.

Please make you payment at the front gate before entering.

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)

All running event athletes will need to check in at the clerk of the course (north end of the track) 40 minutes before your race to receive you your hip number. The warm up area is located on the grass field behind the javelin. Only those athletes competing will be allowed on the field. No food or drink is allowed on the track or field. Heats will be run from best to worst times.

2:00 pm

Shuttle Hurdle Relay- Men (1), Women (1)
Steeple – Women (1), Men (1)
4x1600 and/or 4x800 relay – Women (1), Men (1)...depending on interest
100m Hurdles – Women (3)
110m Hurdles – Men (5)
4*100m Relay – Women (2)
4*100m Relay – Men (2)
1500m Run – Women (3)
1500m Run – Men (4)
400m Dash – Women (4)
400m Dash – Men (7)
100m Dash – Women (6)
100m Dash – Men (10)
800m Run – Women (3)
800m Run – Men (4)
400m Hurdles – Women (2)
400m Hurdles – Men (4)
4*200m Relay – Women (1)
4*200m Relay – Men (1)
200m Dash – Women (6)
200m Dash – Men (11)
2 mile Run – Women (1)
2 mile Run – Men (1)
4*400m Relay – Women (2)
4*400m Relay – Men (3)

**Turn Over for Field Event and Other Meet
Information**

RCC Open

Field Event Schedule and Information

All field event athletes will need to check in 40 minutes before the start of your event to find out what flight you will be in. Flights order will be from best to worst marks.

Thursday, March 22...all hammer competitors and their coaches will receive free hot dogs during the competition.

Start Time: 1:00 pm

Hammer Throw – Women – 1 flights, Men to follow-2 flights

Friday, March 23

Start Time: 11:00 am

Pole Vault – Women 1st, Men to follow

High Jump – Women 1st, Men to follow

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

Shot Put – Men first – 3 flights, Women to follow – 2 flights

Start Time: 2:00 pm

Long Jump – MEN - 3 flights – mid field pit

Long Jump – WOMEN – 2 flights – end zone pit

Start Time: At the conclusion of the Javelin

Discus – Women – 2 flights, Men to follow -4 flights

Starting Time: At conclusion of the Long Jump

Triple Jump – MEN 2 flights mid field pit – 90 minutes

Triple Jump – WOMEN 1 flight end zone 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 @ 951-222-8322/951-231-3739 or Coach Smith @ 702-204-9540

Other meet information:

***This meet will be run rain or shine.**

***Please set up your tents in the top 10 rows of the stadium, or the asphalt on the north end of the track.**

***We will have a concessions stand (no food or drink is allowed on the track or field).**

***There will be a spike check at the clerk of the course. Your athletes will need ¼ or less pyramid spikes only. We will have spikes for sale at the clerk of the course.**