

Round Valley Invitational

March 19, 2010

8:00 a.m. Coaches Meeting, Weigh – ins Pole Vault and Discus - Dome Concourse

Session One (9:00 a.m. – 12:30p.m.)

9:00 a.m.	Girls Shot Put & Boys Discus
9:00 a.m.	Girls High Jump & Boys Pole Vault
9:00 – 10:30 a.m.	Boys Long Jump (Open pit – 4 Jumps)
11:00 – 12:00 p.m.	Girls Triple Jump (Open pit – 4 Jumps)
9:00 a.m.	Heat 1 – Girls 4 x 800m Relay
9:15 a.m.	Heat 2 – Girls 4 x 800m Relay
9:30 a.m.	Heat 1 – Boys 4 x 800m Relay
9:45 a.m.	Heat 2 – Boys 4 x 800m Relay
10:00 a.m.	Prelims - Boys 110m High Hurdles
10:15 a.m.	Prelims - Girls 100m Hurdles
10:30 a.m.	Prelims - Boys 100m Dash
10:45 a.m.	Prelims - Girls 100m Dash
11:15 a.m.	Girls 800m Run (multiple heats)
11:45 a.m.	Boys 800m Run (multiple heats)
12:10 p.m.	Finals - Boys 110m High Hurdles
12:15 p.m.	Finals - Girls 100m High Hurdles
12:20 p.m.	Finals – Boys 100m Dash
12:25 p.m.	Finals – Girls 100m Dash

Sessions Two (1:30 p.m. – 6:00 p.m.)

1:30 p.m.	Girls Pole Vault & Boys High Jump
1:30 p.m.	Girls Discus & Boys Shot Put
1:30 p.m. – 3:00 p.m.	Girls Long Jump (Open Pit - 4 Jumps)
3:30 p.m. – 4:30 p.m.	Boys Triple Jump (Open Pit – 4 Jumps)
1:30 p.m.	Girls 1600m Run (2-3 heats)
1:50 p.m.	Boys 1600m Run (2-3) heats)
2:15 p.m.	Girls 4 x 100m Relay
2:40 p.m.	Boys 4 x 100m Relay
3:00 p.m.	Girls 400m Dash
3:20 p.m.	Boys 400m Dash
3:45 p.m.	Girls 200m Dash
4:10 p.m.	Boys 200m Dash
4:30 p.m.	Girls 3200m Run
5:05 p.m.	Boys 3200m Run
5:30 p.m.	Girls 4 x 400m Relay
6:00 p.m.	Boys 4 x 400m Relay
6:30 p.m.	Awards Presentation