

# Runners Roost of Fort Collins Invitational Time Schedule

## Friday March 22, 2019

9:15 am Coaches Meeting—**No Scratches, No Adds, No Substitutions.**

### Field Events

10:00 am	Pole Vault	Boys	Finals
	Triple Jump	Girls	Finals
	High Jump	Girls	Finals
	Long Jump	Boys	Finals
	Shot Put	Girls	Finals
	Discus	Boys	Finals

<b>Immediately following field events above</b>	Triple Jump	Boys	Finals
	High Jump	Boys	Finals
	Long Jump	Girls	Finals
	Shot Put	Boys	Finals
	Discus	Girls	Finals
	Pole Vault	Girls	Finals

### Running Events

10:00 am	800m Medley Relay	Girls	Finals (Heats v Time)
10:15 am	800m Medley Relay	Boys	Finals (Heats v Time)
10:25 am	4x800m Relay	Girls	Finals (1 heat)
10:40 am	4x800m Relay	Boys	Finals (1 heat)
10:55 am	100m High Hurdles	Girls	Finals
11:10 am	110m High Hurdles	Boys	Finals
11:20 am	100m Dash	Girls	Finals
11:40 am	100m Dash	Boys	Finals
12:00 pm	4x200m Relay	Girls	Finals (Heats v Time)
12:10 pm	4x200m Relay	Boys	Finals (Heats v Time)
12:25 pm	1600m Run	Girls	Finals (Heats v Time)
12:45 pm	1600m Run	Boys	Finals (Heats v Time)
1:10 pm	4x100m Relay	Girls	Finals (Heats v Time)
1:20 pm	4x100m Relay	Boys	Finals (Heats v Time)
1:30 pm	400m Run	Girls	Finals (Heats v Time)
1:45 pm	400m Run	Boys	Finals (Heats v Time)
2:05 pm	300m Low Hurdles	Girls	Finals (Heats v Time)
2:25 pm	300m Intermediate Hurdles	Boys	Finals (Heats v Time)
2:40 pm	800m Run	Girls	Finals (Heats v Time)
3:00 pm	800m Run	Boys	Finals (Heats v Time)
3:20 pm	200m Dash	Girls	Finals
3:45 pm	200m Dash	Boys	Finals
4:10 pm	3200m Run	Girls	Finals
4:30 pm	3200m Run	Boys	Finals
5:00 pm	4x400m Relay	Girls	Finals (Heats v Time)
5:10 pm	4x400m Relay	Boys	Finals (Heats v Time)