

Runners Roost of Fort Collins Invitational Time Schedule

Saturday March 22, 2014

9:30 am Coaches Meeting—**No Scratches, No Adds, No Substitutions** due to meet entries being due 6 p.m. the night prior to the meet.

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
1:00 pm	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)
10:05 am	800m Medley Relay	Boys	Finals (Heats v Time)
10:15 am	4x800m Relay	Girls	Finals (1 heat)
10:30 am	4x800m Relay	Boys	Finals (1 heat)
10:40 am	100m High Hurdles	Girls	Finals
10:55 am	110m High Hurdles	Boys	Finals
11:05 am	100m Dash	Girls	Finals
11:20 am	100m Dash	Boys	Finals
11:35 am	4x200m Relay	Girls	Finals (Heats v Time)
11:45 am	4x200m Relay	Boys	Finals (Heats v Time)
11:55 am	1600m Run	Girls	Finals (Heats v Time)
12:10 pm	1600m Run	Boys	Finals (Heats v Time)
12:20 pm	4x100m Relay	Girls	Finals (Heats v Time)
12:30 pm	4x100m Relay	Boys	Finals (Heats v Time)
12:35 pm	400m Run	Girls	Finals (Heats v Time)
12:50 pm	400m Run	Boys	Finals (Heats v Time)
1:10 pm	300m Low Hurdles	Girls	Finals (Heats v Time)
1:25 pm	300m Intermediate Hurdles	Boys	Finals (Heats v Time)
1:45 pm	800m Run	Girls	Finals (Heats v Time)
1:55 pm	800m Run	Boys	Finals (Heats v Time)
2:10 pm	200m Dash	Girls	Finals
2:30 pm	200m Dash	Boys	Finals
2:50 pm	3200m Run	Girls	Finals (1 heat)
3:05 pm	3200m Run	Boys	Finals (1 heat)
3:20 pm	4x400m Relay	Girls	Finals (Heats v Time)
3:30 pm	4x400m Relay	Boys	Finals (Heats v Time)