

Ruth Marske Invitational

Sanford-Jackrabbit Athletic Complex

March 28, 2022

TENTATIVE SCHEDULE

Field Events

2:00 PM	B & G	Long Jump
2:00 PM	G	High Jump
2:00 PM	B	Shot Put (cement ring)
2:00 PM	G	Shot Put (Using the wood ring in throwing cage)
2:00 PM	B	Pole Vault (weigh-in by 1 pm)
5:00 PM	B & G	Triple Jump (or 30 minutes after the long jump)
5:00 PM	B	High Jump (or 45 minutes after the girls high jump)
5:00 PM	G	Pole Vault (or 45 minutes after the boys-weigh in 3:30pm)

Running Events (Rolling Schedule-Estimated Times)

Distance Races slow heats first, Sprint races fast heats first

2:00 PM	G	4 x 800m relay	Final
2:15 PM	B	4 x 800m relay	Final
2:35 PM	G	100m Hurdles	Final
2:55 PM	B	110m Hurdles	Final
3:10 PM	G	100m Dash	Final
3:25 PM	B	100m Dash	Final
3:40 PM	G	1600m Run	Final
3:55 PM	B	1600m Run	Final
4:15 PM	G	4 x 100m relay	Final
4:25 PM	B	4 x 100m relay	Final
4:40 PM	G	400m Dash	Final
4:55 PM	B	400m Dash	Final
5:15PM	G	300m Hurdles	Final
5:30 PM	B	300m Hurdles	Final
5:50 PM	G	800m Run	Final
6:05 PM	B	800m Run	Final
6:20 PM	G	200m Dash	Final
6:35 PM	B	200m Dash	Final
6:50 PM	G	3200m Run	Final
7:05 PM	B	3200m Run	Final
7:20 PM	G	4 x 400m Relay	Final
7:40 PM	B	4 x 400m Relay	Final