

4th Annual Joe LaRocco Invitational
Saturday, Feb 15th FINAL Time Schedule



TRACK & FIELD

Senior Recognition: 9:30 AM

TIME:	TRACK EVENTS:	# of Heats
10:00am	Women's DMR	1
10:15am	Men's DMR	1
10:30am	Women's 5000M	1
10:55am	Men's 5000M	2
11:35am	Women's 60H Prelims	4
11:42am	Men's 60H Prelims	4
11:50am	Women's 60M Prelims	6
12:00pm	Men's 60M Prelims	12
12:20pm	Women's Mile	4
12:50pm	Men's Mile	6
1:35pm	Men's 60H	Finals
1:40pm	Women's 60H	Finals
1:45pm	Women's 60M	Finals
1:50pm	Men's 60M	Finals
1:55pm	Women's 400M	7
2:10pm	Men's 400M	12
2:30pm	Women's 800M	5
2:45pm	Men's 800M	7
3:15pm	Women's 200M	16
3:45pm	Men's 200M	25
4:30pm	Women's 3000M	2
5:00pm	Men's 3000M	3
5:40pm	Women's 4 x 400 Relay	2
5:55pm	Men's 4 x 400 Relay	3

TIME:	VERTICALS:	(Start Hts)	# ATHLETES
10:00am	Women's High Jump	(1.43 + 5)	13
12:00pm	Men's High Jump	(1.74 + 5)	22
10:00am	Men's Pole Vault	(3.66 + 15)	24
2:00pm	Women's Pole Vault	(2.22 +15)	13

TIME:	HORIZONTAL EVENTS:	# FLIGHTS
10:00am	Men's Long Jump	3
10:00am	Women's Long Jump	3
2:00pm	Men's Triple Jump	2
2:00pm	Women's Triple Jump	2

TIME:	THROWING EVENTS:	# FLIGHTS
10:00am	Women's Weight Throw	3
12:45pm	Men's Weight Throw	3
3:00pm (High Jump Area)	Women's Shot Put	3
3:30pm (Weight Area)	Men's Shot Put	3