

# RCC Open

## Friday, March 15, 2019

FIELD EVENTS		
Time	Event	Competitor(s)
3:00-4:45	LJ (women in end zone pit, men midfield pit)	
2:30	HJ (men first)	
12:00	SP (women 1st)	
1:00	PV (women 1 <sup>st</sup> )	
12:00	JAV (men 1 <sup>st</sup> )	
3:00	Discus (women 1 <sup>st</sup> , men follow)	
4:45-6:30	TJ (women in end zone pit, men midfield pit)	
10:00	Hammer (women1st)	

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TRACK EVENTS		
Time	Event	Competitor(s)
1:30	4x100mSH Relay (w)	
1:45	4x110SH Relay (M)	
2:00	4 x 100M (W)	
2:05	4 x 100M (M)	
2:10	1500M (W)	
2:25	1500M (M)	
2:40	100M Hurdles (w)	
2:50	110M HH (M)	
3:05	400M (W)	
3:20	400M (M)	
3:35	100M (W)	
3:45	100M (M)	
4:00	4x800 (W)	
4:15	4x800 (M)	
4:30	800M (W)	
4:40	800M (M)	
4:55	400M LH (W)	
5:05	400M LH (M)	
5:15	4x200 (W)	
5:20	4x200 (M)	
5:25	200M (W)	
5:35	200M (M)	
5:50	3000 (W)	
6:05	3000 (M)	
6:20	4x400M (W)	
6:30	4x400M (M)	