

2018 Rosemead Track Invitational & Distance Carnival

March 9 & 10, 2018

Schedule of Events (*Distance Carnival*)

Event #	Time	Event
1	4:30pm	Girls 4x1600m Relay
2		Boys 4x1600m Relay
3	5:20pm	Boys FS 3000
4		Girls FS 3000
5		Girls Panther 3000
6		Boys Panther 3000
7	6:15pm	Girls FS 4x800m Relay
8		Boys FS 4x800m Relay
9		Girls Var 4x800m Relay
10		Boys Var 4x800m Relay
11	7:00pm	Girls DMR (1200, 400, 800, 1600)
12		Boys DMR (1200, 400, 800, 1600)
13	7:30pm	Girls FS 1500
14		Boys FS 1500
15		Girls Varsity 1500
16		Boys Varsity 1500
17	7:55pm	Girls FS SMR (200, 200, 400, 800)
18		Boys FS SMR (200, 200, 400, 800)
19		Girls Var SMR (200, 200, 400, 800)
20		Boys Var SMR (200, 200, 400, 800)

Meet Breakdown:

- * There will be only 1 heat per Event to keep the meet moving.
- * It is the athlete and coach's responsibility to listen to meet announcements. Don't miss your race.
- * Check-In will be by the timing tent.
- * Medals will be given at the end of each event.
- * Registration is limited to 3 athletes and 2 Relays per event. Talk to meet manager ahead of time for more entries.
- * Trophy Award for Varsity Panther 3000 Winners.

Schedule of Event (**Track Invite**)

Track Events

Event #	Time	Event
21	9:00am	Girls FS 4x100
22		Girls Varsity 4x100
23		Boys FS 4x100
24		Boys Varsity 4x100
25	9:40am	Girls FS 1600
26		Girls Varsity 1600
27		Boys FS 1600
28		Boys Varsity 1600
29	10:40am	Girls FS 100 H
30		Girls Varsity 100 H
31		Boys FS 110 H
32		Boys Varsity 110 H
33	11:25am	Girls FS 400
34		Girls Varsity 400
35		Boys FS 400
36		Boys Varsity 400
37	12:25pm	Girls FS 100
38		Girls Varsity 100
39		Boys FS 100
40		Boys Varsity 100
41	1:10pm	Girls FS 800
42		Girls Varsity 800
43		Boys FS 800
44		Boys Varsity 800
45	1:55pm	Girls FS 300 H
46		Girls Varsity 300 H
47		Boys FS 300 H
48		Boys Varsity 300 H
49	2:40pm	Girls FS 200
50		Girls Varsity 200
51		Boys FS 200
52		Boys Varsity 200
53	3:25pm	Girls FS 3200
54		Girls Varsity 3200
55		Boys FS 3200
56		Boys Varsity 3200
57	4:25pm	Girls FS 4x4 Relay
58		Girls Varsity 4x4 Relay
59		Boys FS 4x4 Relay
60		Boys Varsity 4x4 Relay

Field Events

Event #	Time	Event
61	8:30am	Girls FS Long Jump
62	8:30am	Boys FS Long Jump
63	8:30am	Girls FS Shot Put
64	8:30am	Boys FS Discus
65	8:30am	Girls FS Pole Vault
66	8:30am	Girls FS High Jump
67	10:00am	Boys FS Pole Vault
68	9:30am	Girls FS Discus
69	10:15am	Girls Varsity Long Jump
70	10:15am	Boys Varsity Long Jump
71	9:30am	Boys FS Shot Put
72	10:15am	Boys FS High Jump
73	11:30am	Girls Varsity Pole Vault
74	12:00pm	Girls Varsity High Jump
75	12:00pm	Girls FS Triple Jump
76	12:00pm	Boys FS Triple Jump
77	10:30am	Boys Varsity Discus
78	10:30am	Girls Varsity Shot Put
79	1:45pm	Boys Varsity High Jump
80	1:00pm	Boys Varsity Pole Vault
81	1:45pm	Girls Varsity Triple Jump
82	1:45pm	Boys Varsity Triple Jump
83	12:00pm	Boys Varsity Shot Put
84	12:00pm	Girls Varsity Discus

Meet Breakdown:

- * Please have in mind that schedule might have minor changes the day of the meet depending on entries.
- * It is your responsibility to listen to announcements for 1st, 2nd and final call.
- * Medals will be given at the end of the event: Individual event (top 5), Relays (top 3)
- * Registration is limited to 2 athletes on sprint events. 3 for distance and field events. 1 per relay event.