

Rosemead Track Invitational & Distance Carnival

March 16th & April 14th 2012

Schedule of Events (Distance Carnival):

1	5:00pm	Girls 4x1600m Relay
2	-	Boys 4x1600m Relay
3	-	Girls Panther 3000
4	-	Boys Panther 3000
5	-	Girls 4x800m Relay
6	-	Boys 4x800m Relay
7	-	Girls DMR (1200, 400, 800, 1600)
8	-	Boys DMR (1200, 400, 800, 1600)
9	-	Girls 1500m
10	-	Boys 1500m
11	-	Girls SMR (200, 200, 400, 800)
12	-	Boys SMR (200, 200, 400, 800)

Meet Breakdown:

- This is an open grade level meet. Heats will be assigned by mark, with fastest been in the last heat.
- It is the athletes and Coaches responsibility to listen to meet announcements as they will call First, Second and Final calls for the events.
- Medals will be given to athletes at the end of their event.
- Registration is limited to 2 athletes per event.
- Special award for the winners in the Panther 3000 event.

Schedule of Events (Track Invite):

Running Events:

13	10:00am	Girls F/S 4x100
14	-	Girls Varsity 4x100
15	-	Boys F/S 4x100
16	-	Boys Varsity 4x100
17	-	Girls F/S 1600
18	-	Girls Varsity 1600
19	-	Boys F/S 1600
20	-	Boys Varsity 1600
21	-	Girls F/S 100m H
22	-	Girls Varsity 100m H
23	-	Boys F/S 110m H
24	-	Boys Varsity 110m H
25	-	Girls F/S 400m
26	-	Girls Varsity 400m
27	-	Boys F/S 400m
28	-	Boys Varsity 400m
29	-	Girls F/S 100m
30	-	Girls Varsity 100m
31	-	Boys F/S 100m
32	-	Boys Varsity 100m
33	-	Girls F/S 800m
34	-	Girls Varsity 800m
35	-	Boys F/S 800m
36	-	Boys Varsity 800m
37	-	Girls F/S 300m H
38	-	Girls Varsity 300m H
39	-	Boys F/S 300m H
40	-	Boys Varsity 300m H
41	-	Girls F/S 200m
42	-	Girls Varsity 200m
43	-	Boys F/S 200m
44	-	Boys Varsity 200m
45	-	Girls F/S 3200m
46	-	Girls Varsity 3200m
47	-	Boys F/S 3200m
48	-	Boys Varsity 3200m
49	-	Girls F/S 4x400m
50	-	Girls Varsity 4x400m
51	-	Boys F/S 4x400m
52	-	Boys Varsity 4x400m

Field Events:

53	10:00am	Girls F/S Long Jump
54	10:00am	Boys F/S Long Jump
55	10:00am	Girls F/S Shot Put
56	10:00am	Boys F/S Discus
57	10:00am	Girls F/S Pole Vault
58	11:00am	Girls F/S High Jump
59	11:30am	Boys F/S Pole Vault
60	12:00pm	Boys F/S High Jump
61	12:00pm	Girls Varsity Long Jump
62	12:00pm	Boys Varsity Long Jump
63	12:00pm	Boys F/S Shot Put
64	12:00pm	Girls F/S Discus
65	1:00pm	Girls Varsity High Jump
66	1:00pm	Girls Varsity Pole Vault
67	2:00pm	Girls F/S Triple Jump
68	2:00pm	Boys F/S Triple Jump
69	2:00pm	Boys Varsity High Jump
70	2:00pm	Girls Varsity Shot Put
71	2:00pm	Boys Varsity Discus
72	3:30pm	Boys Varsity Pole Vault
73	3:30pm	Girls Varsity Triple Jump
74	3:30pm	Boys Varsity Triple Jump
75	4:00pm	Boys Varsity Shot Put
76	4:00pm	Girls Varsity Discus

Meet Breakdown:

- Please have in mind that the schedule might have minor changes depending in how many entries we get per heat/flight.
- It is the athletes and Coaches responsibility to listen to meet announcements as they will call First, Second and Final calls for the events.
- Medals/Trophies will be given to athletes at the end of their event.
- Registration is limited to 2 athletes for Track events. 1 relay per team for each relay event. 3 athletes for field events.