

Welcome to the Second ROCORI Invitational Meet
Monday, APRIL 18, 2016
William J. Virant Field-RHS Track

3:30 Coaches meeting at Concessions Building

Field Events:

4:00PM

BOYS

LJ & TJ (3 jumps-no finals)-cafeteria B&G
 Pole Vault
 Shot put (4 throws, no finals)

GIRLS

LJ & TJ (3 Jumps, no finals) -cafeteria B&G
 High Jump
 Discus (4 throws, no finals)

As soon possible

Discus (4 throws, no finals)
 High Jump

Pole Vault
 Shot Put (4 throws, no finals)

Running Events: Fast Heats First

4:15PM

G	4x800 Relay
B	4x800 Relay
G	100 High Hurdles
B	110 High Hurdles
G	100 Dash
B	100 Dash
G	4x200 Relay
B	4x200 Relay
G	1600 Run
B	1600 Run
G	4x100 Relay
B	4x100 Relay
G	400 Dash
B	400 Dash
G	300 Low Hurdles
B	300 Int. Hurdles
G	800 Run
B	800 Run
G	200 Dash
B	200 Dash
G	3200 Run
B	3200 Run
G	4x400 Relay
B	4x400 Relay

Teams: Apollo, Willmar, Little Falls and ROCORI

