

Welcome to the **ROCORI “Ed Babcock” Invitational T/F Meet**

Thursday, APRIL 21, 2022
Blattner Stadium-RHS Track
534 5th Avenue North Cold Spring MN 56320

3:30	Coaches meeting in front of Press Box-Teams should not show up before 3pm.	
Field Events:	BOYS	GIRLS
4:00PM	LJ & TJ (3 jumps-no finals)-cafeteria B&G	LJ & TJ (3 Jumps, no finals) -cafeteria B&G
	Pole Vault	High Jump
	Shot put (4 throws, no finals)	Discus (4 throws, no finals)
As soon possible	Discus (4 throws, no finals)	Pole Vault
	High Jump	Shot Put (4 throws, no finals)

Notes: Camps under stadium or on grass at south end of stadium not on infield, no food or drink on the turf or track, ¼ inch spikes allowed, clerking at north end of stadium, starting heights decided at coaches meeting, some distance events could be run together depending on numbers, final-results on athletic.net

Rosters will be taken from <https://www.athletic.net/> after 6pm Wednesday 4-20. Unlimited Entries.

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, Detroit Lakes, Fergus Falls, Park Rapids, Pequot Lakes, SRR (Boys), Willmar and ROCORI

