

SANTA ROSA JUNIOR COLLEGE BIG 8 CONFERENCE OPENER

Friday, February 22, 2008

Running Events

1:00	4 X 100M	(w)
1:05	4 X 100M	(m)
1:15	1500M	(w)
1:25	1500M	(m)
1:35	100M HH	(w)
1:45	110M HH	(m)
1:55	300M	(w)
2:05	300M	(m)
2:15	600M	(w)
2:25	600M	(m)
2:35	300M LH	(w)
2:45	300M IH	(m)
2:55	4 X 200M	(w)
3:05	4 X 200M	(m)
3:15	3000M	(w)
3:30	3000M	(m)
3:45	4 X 400	(w)
3:50	4 X 400	(m)

Field Events

1:00	Shot Put	(w)
1:00	High Jump	(w)
1:00	Long Jump	(w)
1:00	Pole Vault	(m&w)
2:00	High Jump	(m)
1:45	Shot Put	(m)
1:45	Discus	(w)
2:00	Long Jump	(m)
2:45	Discus	(m)
3:00	Triple Jump	(w)
3:30	Triple Jump	(m)

FIELD EVENTS:

3 ENTRIES PER EVENT PER SCHOOL
4 THROWS EACH, 4 JUMPS LJ/TJ

RUNNING EVENTS:

AT LEAST 2 ENTRIES TO CONTEST
AND EVENT.

3 ENTRIES MAX PER SCHOOL-
LANE RACES. (if space available
we will fill lanes with alternates)