

RAWLINS TRACK INVITE

SPONSORED BY RAWLINS HIGH SCHOOL

FRIDAY, April 5, 2019

FEES: \$50 for Girls \$50 for boys - \$100 per school

Awards: Medals for 1st, 2nd, 3rd, ribbons for 4th, 5th, & 6th.
Relay – Medal 1st – Ribbons 2nd thru 6th place_

Entries Due: Thursday, April 4 by 4:00 p.m. on the runnercard.com
Entries will be unlimited.

Running Events: All events will be timed finals. Girls will run followed by boys' events.

FIELD EVENTS – 11:00 a.m.

BOYS SHOT PUT	GIRLS TRIPLE JUMP
GIRLS DISCUS	BOYS HIGH JUMP
BOYS LONG JUMP	GIRLS/BOYS POLE VAULT

Immediately followed by:

BOYS DISCUS	GIRLS LONG JUMP
GIRLS SHOT PUT	GIRLS HIGH JUMP
BOYS TRIPLE JUMP	

RUNNING EVENTS - 12:00 PM:

1600 Medley Relay	Finals	Girls		
1600 Medley Relay	Finals	Boys		
3200 M Relay	Finals	Girls		
3200 M Relay	Finals	Boys		
100 M IH	Finals	Girls		
110 M HH	Finals	Boys		
100 M Dash	Finals	Girls		
100 M Dash	Finals	Boys		
1600 M Run	Finals	Girls	Alleys	1 Turn Stagger
1600 M Run	Finals	Boys	Alleys	1 Turn Stagger
400 M Relay	Finals	Girls		
400 M. Relay	Finals	Boys		
400 M Run	Finals	Girls		
400 M Run	Finals	Boys		
Weightmen's Relay (no team points will be scored)				
300 M LH	Finals	Girls		
300 M IH	Finals	Boys		
800 M Run	Finals	Girls	Alleys	1 Turn Stagger
800 M Run	Finals	Boys	Alleys	1 Turn Stagger
200 M Dash	Finals	Girls		
200 M Dash	Finals	Boys		
3200 Meter Run	Finals	Girls		
3200 Meter Run	Finals	Boys		
1600 M Relay	Finals	Girls	Alleys	3 Turn Stagger
1600 M Relay	Finals	Boys	Alleys	3 Turn Stagger