**Red Rocks Invitational**

**Grand County High School**

**Saturday, March 19th**

**Running Events Field Events**

9:00am 9:00 am

Finals Girls Discus

3200M Girls/Boys Boys shot

100M Hurdles Girls Boys Javelin

110M Hurdles Boys Girls Long Jump

100M Girls/Boys Boy’s High Jump

400M Girls/Boys

4X100M Relay

Lunch Break

**Running Events Field Events**

1:00pm 1:00 pm

Finals Boys Discus

1600M Girls/Boys Girls Shot

300M Hurdles Girls/Boys Girl’s Javelin

800M Girls/Boys Boys Long Jump

Medley Relay Girls/Boys Girls High Jump

200M Girls/Boys

4X400 Relay-Girls/Boys

(Six participants per event-4 events per individual, counting relays)

Coaches meeting will be at 8:30.

Teams need to register their athletes on runnercard.com before Friday March 18th 9pm.

All events will be timed finals.

Field events will be three tries and then a final.

Medals to the top four placers and the top relay team.

Trophies to the top two teams.

Cost: $75 each team; $150 for both teams. $5 per athlete for teams under 10 participants.

There will be concessions and a coach’s hospitality room at lunch.