

Ruth Marske Invitational  
Sanford-Jackrabbit Athletic Complex  
March 27, 2023  
**TENTATIVE SCHEDULE**

**Field Events**

1:30 PM	B & G	Long Jump
1:30 PM	G	High Jump
1:30 PM	B	Shot Put (cement ring)
1:30 PM	G	Shot Put (Using the wood ring in throwing cage)
1:30 PM	B	Pole Vault (weigh-in by 1 pm)
4:30 PM	B & G	Triple Jump (or 30 minutes after the long jump)
4:30 PM	B	High Jump (or 45 minutes after the girl's high jump)
4:30 PM	G	Pole Vault (or 45 minutes after the boys-weigh in 3:30pm)

**Running Events (Rolling Schedule-Estimated Times)**

Distance Races slow heats first, Sprint races fast heats first

1:30 PM	G	4 x 800m relay	Final
1:45 PM	B	4 x 800m relay	Final
2:05 PM	G	100m Hurdles	Final
2:25 PM	B	110m Hurdles	Final
2:40 PM	G	100m Dash	Final
3:00 PM	B	100m Dash	Final
3:25 PM	G	1600m Run	Final
3:45 PM	B	1600m Run	Final
4:10 PM	G	4 x 100m relay	Final
4:20 PM	B	4 x 100m relay	Final
4:35 PM	G	400m Dash	Final
4:55 PM	B	400m Dash	Final
5:15PM	G	300m Hurdles	Final
5:30 PM	B	300m Hurdles	Final
5:50 PM	G	800m Run	Final
6:05 PM	B	800m Run	Final
6:20 PM	G	200m Dash	Final
6:35 PM	B	200m Dash	Final
6:50 PM	G	3200m Run	Final
7:05 PM	B	3200m Run	Final
7:20 PM	G	4 x 400m Relay	Final
7:40 PM	B	4 x 400m Relay	Final