

Rio Hondo League Track & Field Championships

@South Pasadena High School Friday, May 6, 2016

Finals Time Schedule

- Times listed below are listed to act as a rough guideline and are subject to change –
Opening of League Finals National Anthem performed by SPSHS soph Cindy Tsai

| | | <u>Running Events</u> | <u>Round</u> | <u>Entries</u> | <u>Heats</u> |
|------------------|---|---|--------------|----------------|--------------|
| 5:00 p.m. | #1 | 4x100 Meter Relay Frosh-Soph Girls | Finals | 5 | 1 |
| to follow | #2 | 4x100 Meter Relay Frosh-Soph Boys | Finals | 6 | 1 |
| to follow | #3 | 4x100 Meter Relay Varsity Girls | Finals | 6 | 1 |
| to follow | #4 | 4x100 Meter Relay Varsity Boys | Finals | 6 | 1 |
| 5:25 p.m. | #5 | 1600 Meter Run Frosh-Soph Girls | Finals | 10 | 1 |
| to follow | #6 | 1600 Meter Run Frosh-Soph Boys | Finals | 10 | 1 |
| to follow | #7 | 1600 Meter Run Varsity Girls | Finals | 10 | 1 |
| to follow | #8 | 1600 Meter Run Varsity Boys | Finals | 10 | 1 |
| 6:00 p.m. | #9 | 100 Meter Hurdles Frosh-Soph Girls | Finals | 8 | 1 |
| to follow | #10 | 100 Meter Hurdles Varsity Girls | Finals | 8 | 1 |
| to follow | #11 | 110 Meter Hurdles Frosh-Soph Boys | Finals | 8 | 1 |
| to follow | #12 | 110 Meter Hurdles Varsity Boys | Finals | 8 | 1 |
| 6:25 p.m. | #13 | 400 Meter Dash Frosh-Soph Girls | Finals | 7 | 1 |
| to follow | #14 | 400 Meter Dash Frosh-Soph Boys | Finals | 7 | 1 |
| to follow | #15 | 400 Meter Dash Varsity Girls | Finals | 7 | 1 |
| to follow | #16 | 400 Meter Dash Varsity Boys | Finals | 7 | 1 |
| 6:40 p.m. | #17 | 100 Meter Dash Frosh-Soph Girls | Finals | 8 | 1 |
| to follow | #18 | 100 Meter Frosh-Soph Boys | Finals | 8 | 1 |
| to follow | #19 | 100 Meter Dash Varsity Girls | Finals | 8 | 1 |
| to follow | #20 | 100 Meter Dash Varsity Boys | Finals | 8 | 1 |
| 6:55 p.m. | #21 | 800 Meter Run Frosh-Soph Girls | Finals | 10 | 1 |
| to follow | #22 | 800 Meter Run Frosh-Soph Boys | Finals | 10 | 1 |
| to follow | #23 | 800 Meter Run Varsity Girls | Finals | 10 | 1 |
| to follow | #24 | 800 Meter Run Varsity Boys | Finals | 10 | 1 |
| 7:10 p.m. | #25 | 300 Meter Hurdles Frosh-Soph Girls | Finals | 7 | 1 |
| to follow | #26 | 300 Meter Hurdles Varsity Girls | Finals | 7 | 1 |
| to follow | #27 | 300 Meter Hurdles Frosh-Soph Boys | Finals | 7 | 1 |
| to follow | #28 | 300 Meter Hurdles Varsity Boys | Finals | 7 | 1 |
| 7:30 p.m. | #29 | 200 Meter Dash Frosh-Soph Girls | Finals | 7 | 1 |
| to follow | #30 | 200 Meter Dash Frosh-Soph Boys | Finals | 7 | 1 |
| to follow | #31 | 200 Meter Dash Varsity Girls | Finals | 7 | 1 |
| to follow | #32 | 200 Meter Dash Varsity Boys | Finals | 7 | 1 |
| 7:50 p.m. | #33 | 3200 Meter Run Frosh-Soph Girls | Finals | 12 | 1 |
| to follow | #34 | 3200 Meter Run Frosh-Soph Boys | Finals | 16 | 1 |
| to follow | #35 | 3200 Meter Run Varsity Girls | Finals | 10 | 1 |
| to follow | #36 | 3200 Meter Run Varsity Boys | Finals | 13 | 1 |
| 8:50 p.m. | #37 | 4x400 Meter Relay Frosh-Soph Girls | Finals | 5 | 1 |
| to follow | #38 | 4x400 Meter Relay Frosh-Soph Boys | Finals | 5 | 1 |
| to follow | #39 | 4x400 Meter Relay Varsity Girls | Finals | 6 | 1 |
| to follow | #40 | 4x400 Meter Relay Varsity Boys | Finals | 6 | 1 |
| 9:15 PM | Track Meet Finished RHL coaches meeting at the clerk of the course tent- following the meet | | | | |

Field & Track Schedule

All Frosh/Soph Field Events were contested as Finals on Tuesday.

| | | | | |
|-------------------------|---------------------------|-------------------------|--------------------------|------------------------|
| <u>Long Jump</u> | <u>Triple Jump</u> | <u>High Jump</u> | <u>Pole Vault</u> | <u>Shot Put</u> |
| 4:00 VG | 5:30 VG | 5:30 VB | 4:00 VG/FSG | 4:00 VG |
| 4:30 VB | 6:15 VB | 6:30 VG | 5:30 VB | 5:00 VB |

| <u>Start</u> | <u>Event#</u> | <u>Field Events</u> | <u>Round</u> | <u>Entries</u> | <u>Flights</u> |
|---------------------|----------------------|-----------------------------|---------------------|-----------------------|-----------------------|
| 4:00 p.m. | #62 | Long Jump Varsity Girls | Finals | 7 | 1 |
| 4:30 p.m. | #61 | Long Jump Varsity Boys | Finals | 12 | 1 |
| 5:30 p.m. | #64 | Triple Jump Varsity Girls | Finals | 8 | 1 |
| 6:15 p.m. | #63 | Triple Jump Varsity Boys | Finals | 7 | 1 |
| 5:30 p.m. | #66 | High Jump Varsity Boys | Finals | 7 | 1 |
| 6:30 p.m. | #65 | High Jump Varsity Girls | Finals | 10 | 1 |
| 4:00 p.m. | #47/68 | Pole Vault Varsity/FS Girls | Finals | 5 | 1 |
| 5:30 p.m. | #68 | Pole Vault Varsity Boys | Finals | 7 | 1 |
| 4:00 p.m. | #69 | Shot Put Varsity Girls | Finals | 10 | 1 |
| 5:00 p.m. | #70 | Shot Put Varsity Boys | Finals | 10 | 1 |

*Discus Finals were held at Monrovia HS on Wednesday May 4 at 4:00PM

Congratulations to all the Rio Hondo League Student Athletes
and their Coaches for qualifying to the RHL Championships.

Best of luck this week and into the CIF Prelims.

Represent the RHL and make us proud in CIF!

Track & Field : still the purest form of athletic competition in the world.

-Olympic moto

“citius-altius-fortius”

(swifter-higher-stronger)