



2016 BRONCO INVITATIONAL

- Date: Saturday; March 12, 2016
Site: Rancho Bernardo High School
Time: 9:00 AM – 4:00 PM
Events:
- | <u>Running</u> | <u>Field</u> | <u>Relays</u> |
|---------------------------------|--------------|--|
| 100 Meters | Long Jump | 4 x 100 Meters |
| 400 Meters | Triple Jump | 4 x 400 Meters |
| 800 Meters | Shot Put | 4 x 800 Meters |
| 1600 Meters | Discus | Distance Medley |
| 3200 Meters | High Jump | F/S Sprint Medley
(100-100-200-400) |
| 100 M. Hurdles(G) | Pole Vault | |
| 110 M. High Hurdles (B) | | |
| 300 M. Low Hurdles (G) | | |
| 300 M. Intermediate Hurdles (B) | | |
- Timing: Fully Automatic Timing (FAT) – Finish Lynx System
Track Surface: All Weather Polyurethane
Spikes: 3/16” Needles Only
Medals: Relays: 1st – 3rd ; Invitational/Field: 1st – 6th
Results: Results will be posted at the meet as they are received. Complete results will be posted on San Diego Track Magazine and DyeStatCal ASAP.
Entry Fee: \$150.00 per team / \$300.00 (Boys & Girls): Make checks out to: RBHS Foundation
Canopies: Please put up canopies only at the top of the bleachers.
Warm Ups: All warm ups will be on the outer fields.
Concessions: There will be a full service concession stand with food, drinks and snacks.
T-Shirts: Bronco Invitational T-Shirts will on sale for \$12.00.
RSVP: [ALL COACHES SHOULD RSVP TO: djones@powayusd.com](mailto:djones@powayusd.com)
WE WILL ACCEPT THE FIRST 32 TEAMS THAT RESPOND.

2016 BRONCO INVITATIONAL TIME SCHEDULE

RUNNING EVENTS

#	TIME	EVENT	#	TIME	EVENT
1	9:00 AM	GIRLS INVITATIONAL 3200 METERS	26	11:53 AM	BOYS INVITATIONAL 800 METERS
2	9:15 AM	GIRLS 4 X 100 METER RELAY #1	27	12:02 PM	GIRLS F/S SPRINT MEDLEY RELAY #1
3	9:19 AM	GIRLS 4 X 100 METER RELAY #2	28	12:06 PM	GIRLS F/S SPRINT MEDLEY RELAY #2
4	9:23 AM	GIRLS 4 X 100 METER RELAY #3	29	12:20 PM	BOYS F/S SPRINT MEDLEY RELAY #1
5	9:27 AM	GIRLS INVITATIONAL 4 X 100 METER RELAY	30	12:24 PM	BOYS F/S SPRINT MEDLEY RELAY #2
6	9:31 AM	BOYS 4 X 100 METER RELAY #1	31	12:28 PM	GIRLS INVITATIONAL 1600 METERS
7	9:35 AM	BOYS 4 X 100 METER RELAY #2	32	12:38 PM	BOYS INVITATIONAL 1600 METERS
8	9:39 AM	BOYS 4 X 100 METER RELAY #3	33	12:48 PM	GIRLS 300 METER LOW HURDLES #1
9	9:43 AM	BOYS INVITATIONAL 4 X 100 METER RELAY	34	12:52 PM	GIRLS INV. 300 METER LOW HURDLES
10	9:47 AM	BOYS INVITATIONAL 3200 METERS	35	1:00 PM	BOYS 300 METER INTERMEDIATE HURDLES #1
11	10:10 AM	GIRLS 100 METER HURDLES #1	36	1:04 PM	BOYS INV. 300 METER INTERMEDIATE HURDLES
12	10:14 AM	GIRLS 100 METER HURDLES #2	37	1:12 PM	GIRLS INVITATIONAL 400 METERS
13	10:18 AM	GIRLS INV. 100 METER HURDLES	38	1:16 PM	BOYS INVITATIONAL 400 METERS
14	10:27 AM	BOYS 110 METER HIGH HURDLES #1	39	1:21 PM	GIRLS FROSH 1600 METERS
15	10:31 AM	BOYS 110 METER HIGH HURDLES #2	40	1:33 PM	BOYS FROSH 1600 METERS
16	10:35 AM	BOYS INV. 110 METER HIGH HURDLES	41	1:41 PM	GIRLS DISTANCE MEDLEY
17	10:45 AM	GIRLS 4 X 800 METER RELAY	42	1:58 PM	BOYS DISTANCE MEDLEY
18	11:04 AM	BOYS 4 X 800 METER RELAY	43	2:12 PM	GIRLS FROSH 100 METERS
19	11:22 AM	GIRLS 100 METERS #1	44	2:16 PM	BOYS FROSH 100 METERS
20	11:26 AM	GIRLS 100 METERS #2	45	2:22 PM	GIRLS 4 X 400 METER RELAY #1
21	11:30 AM	GIRLS 100 METERS #3	46	2:29 PM	GIRLS 4 X 400 METER RELAY #2
22	11:34 AM	BOYS 100 METERS #1	47	2:36 PM	GIRLS INVITATIONAL 4 X 400 METER RELAY
23	11:38 AM	BOYS 100 METERS #2	48	2:43 PM	BOYS 4 X 400 METER RELAY #1
24	11:42 AM	BOYS 100 METERS #3	49	2:50 PM	BOYS 4 X 400 METER RELAY #2
25	11:44 AM	GIRLS INVITATIONAL 800 METERS	50	2:57 PM	BOYS INVITATIONAL 4 X 400 METER RELAY

FIELD EVENTS

51	9:00 AM	GIRLS OPEN LONG JUMP	63	12:30 PM	GIRLS OPEN TRIPLE JUMP
52	9:00 AM	BOYS OPEN LONG JUMP	64	12:30 PM	BOYS OPEN TRIPLE JUMP
53	9:00 AM	GIRLS OPEN SHOT PUT	65	1:00 PM	GIRLS OPEN DISCUS
54	9:00 AM	BOYS OPEN SHOT PUT	66	1:00 PM	BOY OPEN DISCUS
55	10:00 AM	GIRLS OPEN HIGH JUMP	67	1:00 PM	GIRLS INVITATIONAL HIGH JUMP
56	10:00 AM	BOYS OPEN HIGH JUMP	68	1:00 PM	BOYS INVITATIONAL HIGH JUMP
57	10:00 AM	GIRLS OPEN POLE VAULT	69	1:00 PM	GIRLS INVITATIONAL POLE VAULT
58	10:00 AM	BOYS OPEN POLE VAULT	70	1:00 PM	BOYS INVITATIONAL POLE VAULT
59	10:30 AM	GIRLS INVITATIONAL LONG JUMP	71	2:00 PM	GIRLS INVITATIONAL TRIPLE JUMP
60	10:30 AM	BOYS INVITATIONAL LONG JUMP	72	2:00 PM	BOYS INVITATIONAL TRIPLE JUMP
61	11:00 AM	GIRLS INVITATIONAL SHOT PUT	73	3:00 PM	GIRLS INVITATIONAL DISCUS
62	11:00 AM	BOYS INVITATIONAL SHOT PUT	74	3:00 PM	BOYS INVITATIONAL DISCUS