**11th Annual Broomfield Shootout**

**Track and Field Meet**

Elizabeth Kennedy Stadium

Broomfield High School

Saturday, March 23, 2019

PRE-QUALIFYING MEET

**Meet Format:**

We would like to invite you to the Broomfield Shootout to be hosted on Saturday March 23, 2019. This year we will be starting early on Saturday morning, as many of the teams are on Spring Break.

**Entry Information:**

We are allowing **3 individual entries** per event and **1 relay team**. Due to the growth of this meet we will be capping this year’s event at 40 teams. There will be assigned starting heights for all vertical jumps. The meet will be a pre-qualifier and will be a mix of 3A, 4A, and 5A teams. All submissions must be verifiable on co.milesplit.com. We will seed all competitors and relays and run finals against time. In the field events, all competitors will have 3 attempts followed by finals. You will have until **8 PM on the evening of Thursday, March 21st** to make your entries through co.milesplit.com. **There will be no substitutions the day of the meet. Cost is $175.00 for a boys or girls team only; and $300.00 for both teams.**

**Site Directions:**

From I-25 turn West on 120th Avenue, turn North on Main Street: Broomfield High School is located on the corner of Main and Eagle Way.

**Bus Parking:**

Please have your buses drop your team off at the stadium, then exit to the West, turn North on Daphne, turn East on Miramonte, and park there for the duration of the meet (about 1 block from stadium)

**Awards:**

Medals will be awarded to 1st thru 3rd place winners. Team Plaques will be awarded to the top two boys and girls teams. Team packets will be provided at the conclusion of the meet.

**Time Schedule:**

**I am enclosing an anticipated schedule, but we will move ahead on the times if possible**. Fastest heats will run last.  We will be starting field events at 8:30am and running events at 9:00am. If by chance we run ahead of schedule, we will not exceed 60 minutes. Please check entries for we have two sections of the 3200m run. The 1st session is in the morning the elite session is in the late afternoon

**Seeding and Scratches:**

There will be a coaches’ meeting 15 minutes before the start of the first event. **No substitutions will be allowed** (this includes field events). All events are finals against time. All submissions must be verifiable on co.milesplit.com. Please use electronic times only (or the appropriate conversion from hand times) when making entries. We will reject any outlying performances that cannot be verified.

**Meals:**

Complimentary meals will be available to all coaches at the concession stand. Each school will be limited to **six** meal tickets per school.

**Implement Weigh-In and Weight Check:**

Shot, Discus, Vaulting Poles, and Vaulter Weigh-in will be held in the north concession stand end beginning at 8:00am. **We would like all vaulters (boys and girls) and all implements to be weighed at this time.**

**Rules and Regulations:**   The rules governing the meet are those of the Colorado High School Activities Association and the National Federation rules.

**Camps:**

No team camps are allowed on the infield. Canopies will be allowed only on the top row of the stadium (except under the press box), and in non-competition areas.

**Infield/Competition Area Expectations:**

Competitors must report to the clerk at the staging area on the first call. Coaches, managers, and non-competitors will be expected to remain in the stands or outside the infield during competition. Athletes may warm-up in the infield. Coaching boxes will be provided for the pole vault long jump, triple jump and high jump.

ABSOLUTELY NO gum and/or sunflower seeds are to be consumed on the infield. The surface is artificial.

**Relay Team Scoring**

In order to promote a stronger team atmosphere this year the Broomfield Shootout will have double points for all relays contested. (1st=20, 2nd=16, 3rd=12, 4th=10, 5th=8, 6th=6, 7th=4, 8th=2)

**Starting Heights:**

 Boys High Jump 5’ 4”

 Girls High Jump 4’ 4”

 Boys Pole Vault 9’ 0” Increase to 10’, 11’ then in 6 inch increments

 Girls Pole Vault 7’ 0” Increase to 8’, 9’, then in 6 inch increments

Minimum Marks

 Boys Long Jump 15”0 Boys Discus 90”0

 Girls Long Jump 12”0 Girls Discus 70”0

 Boys Triple Jump 35”0 Boys Shot Put 35”0

 Girls Triple Jump 25’”0 Girls Shot Put 25”0

**11th Annual Broomfield Shootout**

**RUNNING EVENTS**

9:00 Girls 3200m Run  (Open Heats)

9:20      Boys 3200m Run (Open Heats)

9:40 Girls 800m Sprint Medley

9:55 Girls 3200m Relay

10:10 Boys 3200m Relay

10:25 Girls 100m Hurdles

10:50 Boys 110m Hurdles

11:15 Girls 100m Dash

11:35 Boys 100m Dash

11:55 Girls 4 X 200m Relay

12:10 Boys 4 X 200m Relay

12:25 Girls 1600m Run

12:50 Boys 1600m Run

1:15 Girls 4 X100m Relay

1:30 Boys 4 X100m Relay

1:45 Girls 400m Dash

2:15 Boys 400m Dash

2:45 Girls 300m Hurdles

3:05 Boys 300m Hurdles

3:20 Girls 800m Run

3:50 Boys 800m Run

4:20 Girls 200m Dash

4:45 Boys 200m Dash

5:05 Girls 3200m Run  (Elite Heat)

5:25 Boys 3200m Run (Elite Heat)

5:45 Girls 4 X 400m Relay

6:00 Boys 4 X 400m Relay

**FIELD EVENTS**

  8:20 Coaches Meeting (Meal Tickets)

  8:30 Boys Long Jump

 Boys Pole Vault

 Boys Discus

 Girls Triple Jump

 Girls High Jump

 Girls Shot Put

  12:30 Girls Long Jump

 Girls Pole Vault

 Girls Discus

 Boys Triple Jump

 Boys High Jump

 Boys Shot Put

**We will move ahead of schedule if possible starting after the medley. The 800m Sprint Medley will begin at 9:40 am. We will move ahead of schedule more than 30 minutes.**