



## 2014 Altitude Running Invitational Track and Field Meet

- About the meet:** The Altitude Running Invitational, formerly Foot of the Rockies Invitational has been one of the most competitive meets around Northern Colorado. Last season with 32 teams represented and was one of the most competitive years of the meets history, breaking 8 meet records.
- Schools:** Berthoud, Cheyenne Central, Cheyenne East, The Classical Academy, Denver East, Doherty, Eaton, Fort Collins, Grand Junction, Hinkley, Laramie, Monarch, Mountain Vista, Pine Creek, Rampart, Skyline, Thornton, Windsor
- Site:** French Field (1300 West Swallow Road, Fort Collins)
- Directions:** Take I-25 to Harmony: Go west to Shields: Go North to Swallow: Field is just West of Shields Street
- Date:** **Saturday, March 29, 2014**- Running and Field Events will Start at 8:30 a.m.
- Locker Room:** No lockers are available; restrooms will be available on the west side of the stadium and in the team rooms at the northwest corner
- Entry Fee:** \$125 per team or \$250 per school. Please make **checks payable to Fort Collins High School Track**, mail your entry fee prior to the meet so we guarantee you a spot in the meet. **Individual Entries** are welcome, email Coach Crist if this is the case for your school, **\$10 per athlete**, can compete in up to 4 events.
- Meals:** Meal tickets will be given to coaches to get food. No meals provided to contestant but the concession stand will be open for them to purchase food
- Awards:** The top 2 teams in the boys and girls meets will be awarded trophies. Individual winners will receive medals and ribbons will be given for 2<sup>nd</sup> through 6<sup>th</sup> places. Winning relay teams will receive custom relay batons. We will also select a most valuable boy and girl competitor prior to the 4x400m relay.
- Scoring:** We will score the top 8 places per event (10-8-6-5-4-3-2-1)
- Extra Events:** To even out the total number of events there will be a Boys 800m Medley Relay
- Restricted Area:** The track and football field, discus, and shot sectors are restricted areas for coaches. No athlete camps on the infield of the stadium. Warm-up for athletes will be on the North end of the infield, athletes must stay in this area during their warm-up. Students should not be hanging out or spectating from this area.

**Starting Heights:** These heights may change based on meet entries and state rankings. Depending on number of teams and entries in events we may have minimum marks in the jumps and throws.

<b>Minimums:</b>	Boys High Jump: 5'6"	Boys Pole Vault: 9'
	Girls High Jump: 4'6"	Girls Pole Vault: 7'0"
	Boys Long Jump: 18'	Boys Shot: 39'
	Girls Long Jump: 14'	Girls Shot: 27'
	Girls Discus: 70'	Boys Discus: 100'
	Girls Triple Jump: 27'	Boys Triple Jump: 37'

\*We want every contestant to at least get one mark so if their attempt is close to a personal best or is close to the line please ask for a courtesy mark.

**Preliminary Events:** We will have prelims in the 100m dash, 200m dash, boys 110m high hurdles, girls 100m high hurdles

**Additional Information**

1. 3/16 inch spikes only, no spikes in the stands
2. Warm-up area will be the field to the west of the stadium or possible the North 25 yards of the infield depending on weather
3. Field event participants need to report to their site
4. Running events need to report to the clerk at the northwest corner of the track
5. A trainer will be available during the meet
6. Starting blocks will be provided but each school must provide it's own batons
7. Weigh-ins for shot and discus implements, and athletes competing in the pole vault
8. Jewelry and clothing rules will be enforced

**Unified Events:** Please note there will be Unified events going on during the break between the morning and afternoon session. If you have any Unified athletes that would like to compete please fill out the waiver form and contact **Chris Case at [chcase@psdschools.org](mailto:chcase@psdschools.org)**

**Coaches Meeting:** The coaches meeting will begin promptly at 8:00 a.m. in the team room

**End of Meet:** Final results will be available on [co.milesplit.com](http://co.milesplit.com). I will also email a copy of the results to each head coach Please pick up your awards/trophies in the press box before you leave.

**Inclement Weather:** In the event the weather looks shaky you may call my cell phone 970-215-1899. We will make a decision by 5 a.m. on the day of the meet and post a message if the meet is canceled. If there is no message assume the meet is on.

**Entries:** Each school will be allowed **4 entries** in individual events and 1 relay team per relay race. Enter your athletes for the meet on [www.co.milesplit.com](http://www.co.milesplit.com). Entries are due **Friday March 28 at 6 p.m.** Because the entry deadline is so late on Friday evening we are accounting for no changes the morning of the meet. There will be NO substitutions or additions the morning of the meet, please correct all of your entries Friday before the meet.

**Questions:** Please let me know if you have questions about meet entries or meet format. Conrad Crist phone: 970-305-2066 or 970-215-1899 email:[ccrist@psdschools.org](mailto:ccrist@psdschools.org)

## Altitude Running Invitational Records-Girls

Event	Name	Mark	School	Year
100m	Scott	12.12	Palmer	2007
200m	Sant	24.95	Valor Christian	2011
400m	Kranik	56.07	Highlands Ranch	2001
800m	Hammitt	2:16.55	Cheyenne East	2000
1600m	Rainsberger	4:59.12	Air Academy	2013
3200m	Gibbs	11:02.29	Arvada West	2001
100m High Hurdles	Lester	14.47	Rocky Mountain	2013
300m Low Hurdles	Gove	44.38	Highlands Ranch	2006
4x100m Relay	Denver East	49.40		2013
4x200m Relay	Rocky Mountain	1:44.01		2013
4x400m Relay	Highlands Ranch	4:02.5		2001
4x800m Relay	Fort Collins	9:43.82		2013
800m Medley Relay	Cheyenne Central	1:50.08		1998
High Jump	Washington	5'5"	Doherty	2013
Pole Vault	Stover	12'6"	Longmont	2008
Long Jump	Pilkington	17'11.75"	Fort Collins	2002
Triple Jump	Pilkington	37'8.25"	Fort Collins	2002
Shot Put	Stevens	45'10.5"	Fort Collins	2004
Discus	Stevens	155'2.5"	Fort Collins	2004

### Outstanding Athlete Award

2003	Megan Fox/Sara Stevens	Fort Collins	and M. Kaltenbach (Smoky Hill)
2004	Sarah Stevens	Fort Collins	
2005	Katie Follett	Fort Collins	
2006	Alex Gove	Highlands Ranch	
2007	Bethany Praska	Longmont	
2008	Emily Stover	Longmont	
2009	Meet canceled due to weather		
2010	Baillie Gibson	Natrona County, WY	
2011	Mary Beth Sant	Valor Christian	
2012	Koree Willer	Fossil Ridge	
2013	Katie Rainsberger	Air Academy	

### Team Champion

2002	Fort Collins	144 points
2003	Fort Collins	138.5 points
2004	Fort Collins	112 points
2005	Rocky Mountain	117 points
2006	Rocky Mountain	108.5 points
2007	Rocky Mountain	89 points
2008	Loveland	116 points
2009	Meet Canceled due to weather	
2010	Loveland	123 points
2011	Fort Collins	152 points
2012	Fort Collins	132 points
2013	Fort Collins	120 points

## Altitude Running Invitational Records-Boys

Event	Name	Mark	School	Year
100m	Bozmans	10.64	Fort Collins	2012
200m	Butcher	21.8	Longmont	2007
	Michael	21.8	Laramie	2008
400m	Butcher	49.07	Longmont	2007
800m	Johnson	1:57.07	Laramie	2002
1600m	Vaughn	4:21.22	Smoky Hill	2003
3200m	Batliner	9:40.35	Highlands Ranch	2002
110m High Hurdles	Ames	13.82	Cheyenne Central	2007
300m Intermediate Hurdles	Crochet	37.42	Boulder	2000
4x100m Relay	Mullen	42.97		2004
4x200m Relay	Fort Collins	1:28.5		2006
4x400m Relay	Sierra	3:21.81		2008
4x800m Relay	Smoky Hill	8:10.39		2006
800m Medley Relay	Mountain View	1:34.16		2006
High Jump	Deese	6'8"	Palmer	2007
Pole Vault	Coopers	15'	Smoky Hill	2006/7
	Gibecki		Cheyenne East	2007
	Sutterfield		Rock Canyon	2008
Long Jump	Blackledge	23'10"	Palmer	2005
Triple Jump	Blackledge	47'8"	Palmer	2005
Shot Put	Hanks	59'2"	Fort Collins	2013
Discus	Waterman	180'5.5"	Greeley West	2013

### Outstanding Athlete Award

2003	Brent Vaughn (Smoky Hill), Aaron Merrill (Fort Collins), Denny Majerus (Rocky Mtn.)	
2004	Obrecht	Cheyenne Central
2005	Raymond Blackledge	Palmer
2006	Chad Barlow	Fort Collins
2007	Matt Butcher	Longmont
2008	Michael	Laramie
2009	Meet canceled due to weather	
2010	Edison Mason	Sierra
2011	Jake Schneeberger	Fossil Ridge
2012	Raymond Bozmans	Fort Collins
2013	Alex Mead	Mead

### Team Champion

2003	Highlands Ranch	112 points
2004	Fort Collins	82.75 points
2005	Fort Collins	87.5 points
2006	Mountain View	75.5 points
2007	Cheyenne Central	109 points
2008	Sierra	91.5 points
2009	Meet canceled due to weather	
2010	Sierra	141.5 points
2011	Fort Collins	116.5 points
2012	Fort Collins	144 points
2013	Fort Collins	138.5 points

# Altitude Running Invitational Time Schedule

\*\*\*UPDATED 3/26/2014\*\*\*

Saturday March 29, 2014

8:00 am	Coaches Meeting in Locker Room North West corner of the Stadium— <u>No Adds, No Substitutions</u>		
8:30 am	Pole Vault	Boys	Finals
	Triple Jump	Girls	Prelims/Finals
	High Jump	Girls	Finals
	Long Jump	Boys	Prelims/Finals
	Shot Put	Girls	Prelims/Finals
	Discus	Boys	Prelims/Finals
8:30 am	100m High Hurdles	Girls	Prelims
8:40 am	110m High Hurdles	Boys	Prelims
8:50 am	100m Dash	Girls	Prelims
9:00 am	100m Dash	Boys	Prelims
9:15 am	3200m	Girls	Finals (Elite Heat against time)
9:25 am	3200m	Boys	Finals (Elite Heat against time)
9:35 am	200m Dash	Girls	Prelims
9:45 am	200m Dash	Boys	Prelims

UNIFIED EVEVTS BEGIN: Unified Athletes report to North Entrance Gate

10:05 am	Unified 100m	Coed	Finals
<b>Break</b>	<b>Volunteers/Coaches Early Lunch</b>		
<b>Directly</b>	Triple Jump	Boys	Prelims/Finals
<b>Follow</b>	High Jump	Boys	Finals
<b>morning</b>	Long Jump	Girls	Prelims/Finals
<b>field events</b>	Shot Put	Boys	Prelims/Finals
	Discus	Girls	Prelims/Finals
	Pole Vault	Girls	Finals
10:40 am	800m Medley Relay	Girls	Finals (Heats v Time)
10:50 am	800m Medley Relay	Boys	Finals (Heats v Time)
11:05 am	4x800m Relay	Girls	Finals (1 heat)
11:15 am	4x800m Relay	Boys	Finals (1 heat)
11:25 am	100m High Hurdles	Girls	Finals
11:30 am	110m High Hurdles	Boys	Finals
11:35 am	100m Dash	Girls	Finals
11:40 am	100m Dash	Boys	Finals
11:45 am	4x200m Relay	Girls	Finals (Heats v Time)
12:00 am	4x200m Relay	Boys	Finals (Heats v Time)
12:15 pm	1600m Run	Girls	Finals (Heats v Time)
12:30 pm	1600m Run	Boys	Finals (Heats v Time)
12:45 pm	4x100m Relay	Girls	Finals (Heats v Time)
12:55 pm	4x100m Relay	Boys	Finals (Heats v Time)
1:05 pm	400m Run	Girls	Finals (Heats v Time)
1:15 pm	400m Run	Boys	Finals (Heats v Time)
1:30 pm	300m Low Hurdles	Girls	Finals (Heats v Time)
1:40 pm	300m Intermediate Hurdles	Boys	Finals (Heats v Time)
1:55 pm	800m Run	Girls	Finals (Heats v Time)
2:05 pm	800m Run	Boys	Finals (Heats v Time)
2:40 pm	200m Dash	Girls	Finals
2:45 pm	200m Dash	Boys	Finals
2:50 pm	3200m Run	Girls	Finals (Heat 2 against time)
3:05 pm	3200m Run	Boys	Finals (Heat 2 against time)
3:20 pm	4x400m Relay	Girls	Finals (Heats v Time)
3:30 pm	4x400m Relay	Boys	Finals (Heats v Time)