[](http://e2.ma/click/2kupc/mslvz/ipok1)

**2019 Denver North Viking Invitational**

**May 3rd**

**@ All-City Stadium (South HS)**

**Entry Procedures**

The meet is certified for state qualification.

All entries must be submitted on MileSplit’s online entry system. The entry deadline will be 9PM on the Wednesday prior to the meet (May 1st). Registration for the meet opens on Milesplit on April 22nd.

***Each school will be able to enter three athletes per event and one relay team per event.*** When appropriate, we will also attempt to fill lanes on the day of the meet.

Since all events will be timed finals, please only use actual times when seeding your athletes. This will help keep the integrity of the meet intact.

**Entry Fee**

The entry fee for the meet is $150 for a boys or girls team, $275 for both. Payment should be directed to Kevin Bendjy, Denver North High School, 2960 N. Speer Blvd, Denver CO, 80211. Checks should be made out to Viking Runners Club.

Individual entries will be $5 per athlete, per event, maximum of $10. Relay teams will be $10. Payment will be due on the day of the meet.

There will be an admission charge for the public of $5 for adults and $2 for students with a school ID and children.

**Seeding & Lane Assignment**

Track Events: IMPORTANT: ATHLETES WILL NOT NEED TO CHECK-IN. THEY MUST CHECK HEAT/LANE ASSIGNMENTS WITH THE CLERK NEXT TO STARTING LINE OF THEIR EVENT. If there is an error, please have a coach check with Justin Saylor. Any name changes can be done with the clerk. Substitutions may cause a delay in processing the final results for your athletes. Track events will be run hot to cold (fast to slow).

School packets will include stickers for events run outside of lanes (Sprint Med, 4 x 8, 1600, 800, 3200, 4 x 4). A finish line shoot will be used for the distance events, with stickers collected to confirm order of finish.

**Field Events**

Horizontal Jumps: Each athlete will be given three attempts and flights will be created with around 13 athletes per flight. Nine athletes will be given 3 more attempts in the finals. We ask that athletes take their jumps in the flights assigned. If athletes must leave the jumping area for another event, we ask that they return immediately. There will be minimum marks in both long and triple.

Vertical Jumps: Athletes must check in prior to the final call for the event, weigh in for pole vault will be at the event. If an athlete does not check in on time, they risk being scratched for the event. Starting heights for the high jump and pole vault will be determined on Wednesday, May 1st after entries have closed. Progressions will be consistent with State and NFHS rules.

Throwing Events: All implements must be weighed in and certified when you arrive at the meet. Certified implements will be considered common implements for the meet.

Athletes must check in prior to the final call for the event. If an athlete does not check in on time, they risk being scratched for the event. Three attempts per athlete, with the top nine advancing to the finals. In the discus, we will attempt to minimize the number of flights if our attempts to secure lighting towers fail. There will be minimum marks in both shot and disc.

**Track and Facility**

The track and all runways require the use of soft soles shoes, spikes not to exceed ¼ inch. Starting blocks will be provided.

Team tents will only be allowed on the top rows of the stands. No locker rooms will be available.

We ask that only athletes warming up and competing be on the infield. Athletes will not be permitted to “hang out” in the infield. Coaches are asked to help us enforce this rule.

There will be a trainer on site at the southeast side of the facility. The trainers are there for injuries only.

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**Tentative**

**Schedule of Events**

**Denver North Viking Invitational**

**May 3rd**

**Track Events**

1:30 Girls Sprint Medley

1:40 Boys 4 x 800 Relay

1:55 Girls 4 x 800 Relay

2:10 Boys 110 M Hurdles

2:20 Girls 100 M Hurdles

2:35 Boys 100 M Dash

2:45 Girls 100 M Dash

3:00 Boys 4 x 200 Relay

3:10 Girls 4 x 200 Relay

3:25 Boys 1600 M Run

3:40 Girls 1600 M Run

4:00 Boys 4 x 100 Relay

4:10 Girls 4 x 100 Relay

4:20 Boys 400 M Dash

4:35 Girls 400 M Dash

4:50 Boys 300 M Hurdles

5:05 Girls 300 M Hurdles

5:20 Boys 800 M Run

5:30 Girls 800 M Run

5:40 Boys 200 M Dash

5:50 Girls 200 M Dash

6:05 Boys 3200 M Run

6:25 Girls 3200 M Run

6:45 Boys 4 x 400 Relay

7:00 Girls 4 x 400 Relay

**Field Events**

1:45 Girls Long Jump (East pit)

1:45 Boys Triple Jump (West pit)

4:30 Girls Triple Jump (West pit)

4:30 Boys Long Jump (East pit)

3:00 Girls High Jump

5:00 Boys High Jump

2:00 Boys Pole Vault

4:30 Girls Pole Vault

1:45 Girls Shot Put

1:45 Boys Discus

4:30 Boys Shot Put

4:30 Girls Discus