**2022 Continental League Frosh/Soph Championships**

 Echo Park Stadium

 Wednesday, May 4 2022 2:00 p.m.

 Hosted by Ponderosa High School

**Meet Director**:​ Michael Warburton

**Timing and Seeding:** DCSD Timing Crew

**Spectator Fee**: **$5**

**Worker Assignments**

**Chaparral**​- Pole Vault

**Rock Canyon**- Hurdle Crew (100/110 Setup; 300 Setup), Relay Exchange Judges (4 X 100; 4x200).

**Douglas County**​- Hurdle Crew (100/110 Setup; 300 Setup), Relay Exchange Judges (Sprint Medley, 4 X 100)

**Castle View**​- Shot Put, including helping weigh-in athletes (scale provided), clean up flags and trash around shot put area.

**Mountain Vista**​- Wind Gauge on track straightaway for 100m Hurdles, 110m Hurdles,100m and 200m Dash, put wind gauge away

**Highlands Ranch​-** Triple Jump (includes person to run wind gauge and clean trash and flags around Triple Jump area)

**Heritage**​- Relay Exchanges (4x100, 4x200, Sprint Med). Break line (4x800, 800, 1600, 3200, and 4x400)

**Legend​**- Discus, including helping weigh-in athletes (scale provided); clean up flags and trash around discus area

**ThunderRidge​**– High Jump and clean up around High Jump area

**Regis**-Long Jump (includes someone to run wind gauge), put away wind gauge, clean up trash around long jump area

**Ponderosa**- Meet Director – Scoring/awards, Officials, Concessions, Registration, check-in table, entrance gate

**Timers**: Timing and seeding of the meet will be done by the DCSD timing crew.

**If you would help with clean-up of your assigned event, it would be greatly appreciated!**

**General Information**

1​. This meet is a pre-qualifying meet for the 4A/5A Colorado State Track and Field Championships

2​. Each school responsible for a field event must provide their own measuring tapes and

 enough workers to run the entire event. Clipboards, event forms, and pencils.

3​. All field event workers and timers must report to their assignment no later than 1:30am

4​. Each school may enter no more than FOUR competitors per individual event and ONE relay

 team per relay event.

5​. Coaches use good judgment on your times for your runners if they do not have a FAT time.

 All relays will be randomly seeded through meet manager – NO SEED TIMES WILL BE

 USED – (You can leave it blank)

7​. Scoring: EIGHT places in all events- 10-8-6-5-4-3-2-1

**Running Events/Entries**

1​. Running events will begin at 2:00 PM on Wednesday.

2​. Entries will be through CO.MILESPLIT.US. ​

3​. ​**DEADLINE FOR SUBMITTING ENTRIES IS 6:00pm ON May 3rd.**

4​. In races run in heats, heats will be run slowest to fastest. (all races are finals/no prelims)

5​. For the 800m and 1600m races, the number of entries will determine the number of heats.

6.​ Runners must report to the Check-In Clerk in the 2nd garage opening north/west of the track before each race to get lane assignments and hip numbers.

7​. Coaches’ meetings will be at 1:45 PM on Wednesday at the start/finish line.

**Field Events**

1​. Field events will begin at 2:00 PM on Wednesday.

2​. Weigh-ins: 1:15-1:45 AM on Wednesday

3​. All Field events will be given 3 attempts in Shot Put, Discus, Long Jump and Triple Jump followed by finals.

4​. Pole Vault and High Jump will follow the 5-Alive format

 Pole Vault will raise 1’ after opening height then proceed in 6” increments

5​. High Jump will raise in 3” after first two heights then proceed in 2” increments

**Opening Heights​:**

1. Pole Vault: Boys- 8’ (8’, 9’, 9’6”, 10’, etc.)

 Girls- 5’ (if they go that low – 5’, 6’, 6’6, 7’, etc.)

1. High Jump: Boys-5’ (5’, 5’3”, 5’6”, 5’8”, 5’10”, etc.)

 Girls-4’ (4’, 4’3”, 4’6”, 4’8”, 4’10”, etc.)

**\*\*\*ONLY SCRATCHES WILL BE ALLOWED ON THE DAY OF THE MEET\*\*\***

\*If you have any questions/concerns about entries, please direct them to Michael Warburton at the email above.

**CONTINENTAL LEAGUE FROSH/SOPH MEET SCHEDULE**

**WEDNESDAY, May 4th**

**Coaches Meeting 1:45 p.m. at Starting Line**

**FIELD EVENTS:**

**2:00 P.M.**

Triple Jump Girls

Long Jump Boys

Shot Put Girls

High Jump Boys

Pole Vault Girls

Discus Boys

**Immediately Following:**

Long Jump Girls

Triple Jump Boys

Discus Girls

Pole Vault Boys

High Jump Girls

Shot Put Boys

**RUNNING EVENTS:**

We will have a rolling schedule – Please have your athletes pay attention to the announcer

**2:00 P.M.**

Sprint Medley (1-1- 2-4) Girls

Finals 4 X 800m Relay Girls

Finals 4 X 800m Relay Boys

Finals 100m Hurdles Girls

Finals 110m Hurdles Boys

Finals 100m Dash Girls

Finals 100m Dash Boys

Finals 4 X 200m Relay Girls

Finals 4 X 200m Relay Boys

Finals 1600m Run Girls

Finals 1600m Run Boys

Finals 4 X 100m Run Girls

Finals 4 X 100m Run Boys

Finals 400m Dash Girls

Finals 400m Dash Boys

Finals 300m Hurdles Girls

Finals 300m Hurdles Boys

Finals 800m Run Girls

Finals 800m Run Boys

Finals 200m Dash Girls

Finals 200m Dash Boys

Finals 3200m Run Girls

Finals 3200m Run Boys

Finals 4 X 400m Relay Girls

Finals 4 X 400m Relay Boys

Finals Awards Immediately Following