



Mountain Range Mustangs
TRACK AND FIELD INVITATIONAL
April 16th, 2022

Coaches,

Thank you for your interest and registration in the 2022 Mountain Range Mustang Invite. All the information regarding the meet is explained below.

Date: Saturday, April 16th, 2022

Start Time:

- Coaches Meeting: 8:30 AM (North Locker Room)
- Field Events - 9:00 AM (Weigh Ins from 8:00-8:45 for ALL field events)
- Track Events – 9:00 AM (Girls 800m Sprint Medley Relay)

Venue:

North Stadium-Adams 12 Five Star Schools (just east of Mountain Range HS)
12500 Delaware Street Westminster 80234

NOTE: ACCESS TO THE TRACK WILL BE THROUGH THE NORTH ENTRANCE ONLY!!

Fee:

\$300 per school (includes boy's and girl's teams) or \$175 for a single gender team. Individual Athletes will be \$10.00 per athlete.

Please send payment to: Mountain Range High School
12500 Huron St.
Westminster, CO 80234

*Please include the school name and event if possible.

State Qualifying Meet:

This is a CHSAA State Qualifying Meet. All National Federation High School (NFHS) and Colorado High School Athletic Association (CHSAA) Track and Field Rules apply.

Coaches Meeting:

A mandatory meeting for all Head Coaches will be held at 8:30 AM in the Home Locker Room (north end of stadium).

Clerk(s) of the Course:

Athletes will need to check in for their event **at the north entrance**, where they will receive their hip number at least 15 minutes prior to their event. All field events will report to the field judge at the venue. **Hip numbers should be worn on BOTH the left and right hip.** The Clerk will put heats together and take them to the start line from the designated area on the infield. We will try to run ahead of schedule, so have your athletes listen to the calls by the announcer.

Team Camps:

Team camps are restricted to the following areas: east bleachers, and on the grass areas inside and outside of the fence on the north end of the stadium. **NO camps will be allowed in the West bleachers, on the infield or at Pole Vault areas.**

Locker Rooms/Restrooms:

Facilities will be provided at the north side of the stadium. One will be marked for the girls and one for the boys. Restrooms will also be available on the west and east sides of the stadium.

Concessions:

Concessions will be available on the west side of the stadium. There will be a food truck available. Coaches meals will be provided during the day as well.

Awards:

Awards will be given for top 3 in each event. Medals for 1st place and ribbons for 2nd/3rd.

Scoring:

Team scores will be kept. Top 8 places will score (10-8-6-5-4-3-2-1). In the field events, the top 9 will move on to the finals.

Finals Only:

This meet has been designated as a FINALS ONLY MEET for running events. For LJ/TJ/Shot Put/Discus, competitors will have 3 trials, with the top 9 moving to finals.

Warm-up Areas for Running Events:

The warm-up area for athletes will be the infield of the track and no earlier than 45 minutes prior to their event. Please DO NOT remove hurdles from their position on the track or side of track for warm-up as they have been placed on their proper marks for upcoming races. There will be hurdles available on the infield for warm-up, and we ask that teams/athletes share those hurdles in their warm-up.

Entries:

NOTE: ENTRIES ARE PASSWORD PROTECTED: **The password is MRHS2022**. No spaces on the password. We are allowing teams 3 entries per individual event and 1 entry per relay. **Entries are due by THURSDAY, APRIL 14th at 10 PM MST**. We will not allow changes after the deadline. There will be no substitutions or additions (only scratches) on the day of the meet.

Spectator Admission to Event:

Adults: \$6 Students/Senior Citizens: \$4 Children under 10: Free

Food/Drink in Competition Area:

No food or drink is allowed in the competition area. Sunflower seeds/gum/Gatorade are the usual culprits. Each team has been provided with a large trash bag for their camp area.

Additional Information

1. **3/16 inch or 1/8 inch spikes only.** Spike lengths will be checked at the check-in table. Spikes that do not meet the correct length will not be allowed. Please make sure your athletes have the correct length spike prior to the meet. No spikes are to be worn in the stands.
2. Running event participants need to report to the clerk of the course tent by 3rd and final call. Check in for events (hip numbers) will be at the tent next to the garage located on the north end of the track.
3. **The athletic trainer for Mountain Range High School** will be available before, during and after the meet. He will be located at the north end of the stadium and will arrive **by 8:30 AM**. We would ask that athletes needing to be taped bring their own supplies (**Ambulance/EMT Services will not be on site**)
4. Starting blocks will be provided, however each school must provide their own batons.
5. **Weigh-ins for Shot Put & Discus are required.** Weigh-ins will be located at the garage on the north side of the track, and will go from 8:00 - 8:45 AM. Weigh-ins for Pole Vault will be held at the pole vault venue. **WEIGH-INS FOR ALL FIELD EVENTS WILL END AT 8:45 AM** - any implements that do not meet competition standards will be impounded and returned at the end of the meet.
6. **Unified Event:** There will also be a Unified 100M Dash to take place at the end of the other 100M Dash.

We look forward to seeing you!! Please do not hesitate to contact our Meet Manager, Molly Potter, if you have questions, her email is molly.k.potter@adams12.org.

Relay Exchange Zones

- 800 M SMR
 - 1st: Sheridan, Prairie View
 - 2nd: Skyview, Cheyenne East
- 4x200M
 - 1st: Mountain View, Denver North
- 4x100M
 - 1st: Thompson Valley, Denver South
 - 2nd: Northfield, Cherokee Trail
 - 3rd: Brush, Poudre

Schedule of Events
Mustang Invitational

Track Events

9:00 Girls Sprint Medley
Girls 4 x 800 Relay
Boys 4 x 800 Relay
Girls 100 M Hurdles
Boys 110 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Unified 100 M Dash
Girls 4 x 200 Relay
Boys 4 x 200 Relay
Girls 1600 M Run
Boys 1600 M Run
Girls 4 x 100 Relay
Boys 4 x 100 Relay
Girls 400 M Dash
Boys 400 M Dash
Girls 300 M Hurdles
Boys 300 M Hurdles
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash
Boys 200 M Dash
Girls 3200 M Run
Boys 3200 M Run
Girls 4 x 400 Relay
Boys 4 x 400 Relay

Field Events

Starting at 9:00 AM:

Girls Long Jump (North pit)
Boys Triple Jump (South pit)
Girls High Jump (South end)
Boys Pole Vault (North end)
Girls Shot Put
Boys Discus

Beginning Immediately

Following:

Girls Triple Jump (South pit)
Boys Long Jump (North pit)
Boys High Jump
Girls Pole Vault
Boys Shot Put
Girls Discus