



Highlands Ranch High School Track & Field

9375 Cresthill Lane, Highlands Ranch, CO 80130-4408 303.387.2550

Lou Krauss and John Padjen – Head Coaches

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HRHS Varsity Invitational - Saturday, April 1

At Echo Park Stadium - 11901 Newlin Gulch Blvd, Parker

Coaches Meeting: 8:45 am by the Athletic Garage

Field Events will Begin at 9:15 am

Weigh- ins begin at 8:15

Pole Vault	Boys followed by Girls
Triple Jump	Girls followed by Boys
Long Jump	Boys followed by Girls
High Jump	Boys followed by Girls
Shot Put	Girls followed by Boys
Discus	Boys followed by Girls

Running Events

9:15 am	Girls 800 Sprint Medley
9:30	Boys 800 Sprint Medley
9:45	3200 Meter Relay
10:10	100/110 Hurdles
10:40	100 Meter Dash
11:05	800 Meter Relay
11:30	1600 Meter Run
12:00	400 Meter Relay
12:30	400 Meter Run
12:50	300 Meter Hurdles
1:20	800 Meter Run
1:50	200 Meter Dash
2:20	3200 Meter Run
3:00	1600 Meter Relay
3:15	Weight Man Relay / Coaches Relay

We will make every effort to run ahead of schedule.

3 Jumps / 3 Throws to Finals - top 10 to Finals - marks that exceed the minimum will be measured in shot/discus

Scoring - 10-8-6-5-4-3-2-1 Medals to top 3 places

Special Note: Five entries per Team in Individual Events - Two team entries in each of the relays

Go to Co.milesplit to enter - entry closes at 8 PM Thursday, March 30

NOTE: TENTS ARE **NOT** ALLOWED IN THE BLEACHERS ON THE EAST SIDE

This is a state qualifying meet – no parents allowed on infield; all CHSAA and Track Federation rules will be in place

Track athletes will check in at the Garage; Field event participants will check in at their event site.

Minimum marks for measuring:

Long Jump - Boys 17 feet / Girls 13 feet

Triple Jump – Boys 35 Feet / Girls 26 Feet

Shot Put - - Boys 36 Feet / Girls 24 Feet

Discus – Boys 90 Feet / Girls 50 Feet

Pole Vault – Starting Height – Boys 8 Feet / Girls 6 Feet

High Jump – Starting Height – Boys 5' 4" / Girls 4' 4" (then move up in two inch increments)

Entry Fee - \$300