



**SPRING BREAK DUALS  
TRACK & FIELD MEET**

Welcome to the 4<sup>th</sup> annual LPS Spring Break Duals. This event will take place at Arapahoe High School and be hosted by Arapahoe, Heritage, and Littleton High Schools.

**RULES AND REGULATIONS:**

The rules governing the meet are those of the National Federation of the State High School Association, The Colorado High School Activities Association and the LPS Spring Break Duels games committee.

**STATE PRE-QUALIFYING MEET:**

The LPS Spring Break Qualifier is a sanctioned State Pre-Qualifying meet. Certified Officials, Fully Automatic Timing system and wind gauges will be used to comply with CHSAA rules and regulations.

**DATE OF MEET:** Saturday March 15<sup>th</sup>, 2014

**SITE:** Arapahoe High School – 2201 E. Dry Creek Rd. Centennial, CO 80122

**COACHES MEETING:** There will be a coaches meeting at 9:00. Coffee and bagels will be provided.

**ADMISSION:** Free

**SCORING:** Dual meet scoring format will be used. (5-3-1 for individual events / 5-0 for relay events)  
This year's matchups will be as follows:

**Arapahoe vs. Mt. Vista  
Heritage vs. Bear Creek  
Littleton vs. Wheat Ridge**

**AWARDS:** Ribbons 1<sup>st</sup> - 3<sup>rd</sup> Place and trophies for the dual champions.

**TIMING:** Finish Lynx (FAT) will be used

**ENTRY FEES:** **\$250.00 per team.**  
Please make checks payable to: **Arapahoe High School**

**ENTRIES DUE:** **Each team is allowed 4 entries per event and one relay.**

***ARAPAHOE WARRIORS TRACK & FIELD***

---

---

**TENTATIVE TIME SCHEDULE**  
We will move ahead of schedule if possible

9:00 COACHES MEETING

**TRACK EVENTS**

10:30 800M SPRINT MEDLEY GIRLS (1 HEAT)  
10:35 3200M RELAY GIRLS (1 HEAT)  
10:45 3200M RELAY BOYS (1 HEAT)  
10:55 100M HURDLES GIRLS (3 HEATS)  
11:10 110M HURDLES BOYS (3 HEATS)  
11:20 100M DASH GIRLS (3 HEATS)  
11:30 100M DASH BOYS (3 HEATS)  
11:40 800M RELAY GIRLS (1 HEAT)  
11:45 800M RELAY BOYS (1 HEAT)  
11:50 1600M RUN GIRLS (1 HEAT)  
12:00 1600M RUN BOYS (1 HEAT)  
LUNCH BREAK (optional) – we could possibly go with a rolling schedule  
12:30 400M RELAY GIRLS (1 HEAT)  
12:35 400M RELAY BOYS (1 HEAT)  
12:40 400M DASH GIRLS (3 HEATS)  
12:50 400M DASH BOYS (3 HEATS)  
1:05 300M HURDLES GIRLS (3 HEATS)  
1:15 300M HURDLES BOYS (3 HEATS)  
1:30 800M RUN GIRLS (2 HEATS)  
1:40 800M RUN BOYS (2 HEATS)  
1:50 200M DASH GIRLS (3 HEATS)  
2:00 200M DASH BOYS (3 HEATS)  
2:10 3200M RUN GIRLS (1 HEAT)  
2:25 3200M RUN BOYS (1 HEAT)  
OFFICIALS BREAK (optional) – we could possibly go with a rolling schedule  
2:50 1600M RELAY GIRLS (1 HEAT)  
3:00 1600M RELAY BOYS (1 HEAT)

HEATS WILL BE RUN BY SEED MARKS (SLOW TO FAST)  
ALL HEATS RUN AS A FINAL, LANE PREFERENCE (4-5-6-3-2-7-8-1)

**FIELD EVENTS**

10:00	GIRLS SHOT PUT (2 FLIGHTS)	12:00	BOYS SHOT PUT (2 FLIGHTS)
	BOYS DISCUS (2 FLIGHTS)		GIRLS DISCUS (2 FLIGHTS)
	BOYS LONG JUMP (2 FLIGHTS)		GIRLS LONG JUMP (2 FLIGHTS)
	GIRLS TRIPLE JUMP (2 FLIGHTS)		BOYS TRIPLE JUMP (2 FLIGHTS)
	BOYS POLE VAULT (STARTING HEIGHT 9'0")		GIRLS POLE VAULT (STARTING
HEIGHT 7'0")			HEIGHT 7'0")
	GIRLS HIGH JUMP (STARTING HEIGHT 4'4")		BOYS HIGH JUMP (STARTING HEIGHT
5'6")			HEIGHT 5'6")

FLIGHTS WILL BE RUN BY SEED MARKS (WORST TO BEST)  
3 PRELIMINARY ATTEMPTS WITH FINALS FOLLOWING THE SECOND FLIGHT, TOP 9 TO FINALS

***ARAPAHOE WARRIORS TRACK & FIELD***