

2016 Cherry Creek / Grandview Invitational

To: Head Track & Field Coaches

April 27, 2016

Attached is the meet information and time schedule for the Cherry Creek/Grandview Invitational on May 7th, 2016 at the Stutler Bowl stadium on the Cherry Creek High School Campus. This is a state-qualifying meet.

The following teams are entered: Arapahoe, Arvada West, Chaparral, Chatfield, Cherry Creek, Cherokee Trail, Columbine, Dakota Ridge, Denver South, Denver East, Evergreen, Grandview, Harrison, Mountain Vista, Overland, Palmer Ridge, Rock Canyon, Regis, Smoky Hill, and Thunderidge.

Important Notes Regarding Online Entries:

- **Entries/Registration are now open and will close THURSDAY, May 5th at 6:00pm on <http://co.milesplit.com> Please have your athletes entered by this deadline, no substitutions after this time, only scratches. We will allow 3 individual entries and one relay team per event.**
- **Please check the minimum standards on the attached time schedule for field events and the 2-mile. (Athletes should meet or exceed these standards, otherwise it negates the quality of this meet.)**
- **Make sure the spelling of your athlete's name is the same on Mile Split & Max Preps.**

Time Schedule: The time schedule is set-up to simulate the schedule for the State Meet as much as possible. If you have any major concerns, please let us know.

Scratches: No additions, only scratches will be made at the **7:40am coaches meeting** near the finish line. Field event scratches will be made at field event sites.

Prelims/Finals: The top 9 athletes will qualify for the field event finals and the top 8 for the running events. The 3200m run will be run in one heat for the girls, then the boys. **Enter only your most competitive varsity runners. (Girls under 13:15, Boys under 12:00)**

Additional Information:

The stadium will not open until 7:00am and all tents set-up must be on the East Side near the top. Please keep team camps, and tarps in this bleacher area.

- Please park team buses and enter with coaches and athletes on the East side of the stadium, next to the school. Spectators may entry on the East or West side of the stadium.
- **Please video in the appropriate coach's boxes. Please respect this rule while coaching.**
- No athletes will be allowed to lounge on the infield unless they are physically warming up, and no food will be allowed on the turf!!!
- A trainer will be available for treatment of injuries on the infield, near the pole vault area, please bring your own wrapping items.
- We will send out the seeding information on Friday and will not make extra copies, so please make your own before coming.
- **Our shot and discus area has been relocated out of our stadium to the east of the student parking lot; weigh-ins will take place at this site.**

Admissions: \$6.00 Adults, \$4.00 Students & Children

Questions: Please call/email:

Sally Moos - 720-554-2310 (s)/303-229-5816 (cell) smoos2@cherrycreekschools.org

Delisa McDavid – 720-554-2112 (s) dmc david@cherrycreekschools.org

Entry questions John Reyes - (cell) 303-489-6469 at: jreyes24@cherrycreekschools.org

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FIELD EVENTS TIME SCHEDULE

8:00am--Report at 7:45am	(minimum measurement)	11:30pm--Report at 11:15pm	(minimum measurement)
Boys Pole Vault	(10'6/11'6 then 6")	Girls Pole Vault	(8'0/9'0 then 6")
Girls Long Jump	(14'6)	Boys Long Jump	(18'6)
Girls High Jump	(4'7.5 then 2")	Boys High Jump	(5'9.5 then 2")
Boys Triple Jump	(38'6)	Girls Triple Jump	(29'6)
Girls Discus	(85'0)	Boys Discus	(100'0)
Boys Shot Put	(36'0)	Girls Shot Put	(28'0)

RUNNING EVENTS TIME SCHEDULE

(Times are approximate we will run ahead if possible)

8:00	Sprint Medley	Finals Girls
8:10	100 Meters	Prelims Girls
	w/100 Meters Paralympic/Unified Race	
8:20	100 Meters	Prelims Boys
8:35	3200 Meters	Finals Girls (1 heat/13:30)
8:55	3200 Meters	Finals Boys (1 heat/12:00)
9:10	4x200 Meter Relay	Finals Girls
9:20	4x200 Meter Relay	Finals Boys
9:35	100m Hurdles	Prelims Girls
9:50	110m Hurdles	Prelims Boys
10:10	400 Meters	Finals Girls
10:25	400 Meters	Finals Boys
10:45	4x100 Meter Relay	Finals Girls
11:00	4x100 Meter Relay	Finals Boys
11:15	4x800 Meter Relay	Finals Girls
11:30	4x800 Meter Relay	Finals Boys
11:45	200 Meters	Prelims Girls
	w/200 Meters Paralympic/Unified Race	
12:05	200 Meters	Prelims Boys

LUNCH BREAK – (at completion of morning events)

1:00	100m Hurdles	Finals Girls
1:05	100m Hurdles	Finals Boys
1:10	100 Meters	Finals Girls
1:15	100 Meters	Finals Boys
1:20	800 Meters	Finals Girls
1:40	800 Meters	Finals Boys
2:00	300 Meter Hurdles	Finals Girls
2:20	300 Meter Hurdles	Finals Boys
2:40	200 Meter	Finals Girls
2:45	200 Meter	Finals Boys
2:50	1600 Meters	Finals Girls
3:10	1600 Meters	Finals Boys
3:30	4x400 Meter Relay	Finals Girls
3:40	4x400 Meter Relay	Finals Boys

3:45pm - Completion of meet – Team Trophies Awarded / Packet Pick-ups