

2019 Continental League Track and Field Championships

Echo Park Stadium

Thursday, May 9th and Saturday, May 11th

Weather Day if needed May 10th.

Hosted by Chaparral High School

Meet Directors: Shawn Larkin- Head Coach, Chaparral High School

James Bateman-Head Coach, Chaparral High School

Seeding and Timing of Meet: Greg Bernard

Shawn Larkin
720-314-0111
smlarkin@dcsdk12.org

James Bateman
720-209-3409
jamesbateman@fullwell.com

Greg Bernard
310-902-3149
shotndisc@gmail.com

Worker Assignments

Chaparral-Meet Director, press box announcer, awards, Results,

Castle View- High Jump

Douglas County- Discus, including helping weigh-in implements (scale provided)

Heritage: Wind gauge for 100M and 200M (prelims and finals).

Highlands Ranch- Relay Exchange Judges (3: Sprint Medley), hurdle crew

Legend- Hurdle crew, Relay Exchange Judges (3: 4 X 100; 2: 4 X 400)

Mountain Vista- Long Jump (includes someone to run wind gauge)

Ponderosa- Triple Jump (includes someone to run wind gauge)

Regis- No Responsibilities for taking Pole Vault at League Relays

Rock Canyon- Relay Exchange Judges (2: 4 X 200)

ThunderRidge- Shot Put, including helping weigh-in implements (scale provided)

Littleton High School (assisted by Chaparral) Pole Vault, including helping weigh-in athletes (scale provided)

General Information

1. This meet has been approved as a pre-qualifying meet for the 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 will be supplied by CHS.
3. All field event workers and timers must report to their assignment no later than 8:30 a.m. on Saturday, Thursday no later than 4:00pm.
4. Each school may enter no more than **FOUR competitors per individual event** and **ONE relay team per relay event**.
5. Events with prelims and finals: **NINE** competitors move on to finals in *running events*, **TEN** in the *field events*.
6. Scoring: **Nine places** in *all events*- 10-8-7-6-5-4-3-2-1

7. Thursday Snacks will be provided in the press box for coaches. On Saturday Bagel, Cream cheese, donuts and coffee will be provided.
8. Please have your athletes bring their own tape for pre-existing injuries or known needs. Our trainer will be on hand to help with injuries during the meet.

Running Events/Entries

1. Running events will begin at 5:00 PM on Thursday and 9:00 AM on Saturday.
2. All running events will be seeded based on times submitted by coaches.

DEADLINE FOR SUBMITTING ENTRIES: May 07, 2018 10:59PM EDT

**ENTRIES WILL BE DONE ON-LINE AT CO.MILESPLIT.US.
You can begin accessing entries immediately.**

*If you have any questions/concerns about entries, please direct them to **Greg Bernard**. He will be seeding and timing the meet.
-Greg's Email: shotndisc@gmail.com
-Greg's Cell Phone: 310-902-3149

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

3. In races run in heats, heats will be run slowest to fastest. *Except for the boys' and girls' 3200.* The **fast heats of these races will run on Thursday.**
4. For the 800m and 1600m races, the number of entries will determine the number of heats.
5. Runners must report to the Check-In Clerk on the infield of the track before each race to get lane assignments and hip numbers.
6. Coaches' meetings will be at 3:45 PM on Thursday and 8:15 AM on Saturday.

Field Events

1. Field events will begin at 4:30 PM on Thursday and at 9:00 AM on Saturday.
2. Weigh-ins: 3:30-4:15 PM on Thursday, 8:00-8:45 AM on Saturday.
3. Field event competitors will be given three (3) preliminary attempts. The top nine (10) will go to finals and receive three (3) additional attempts. The top preliminary mark may be used to determine finishing position.
4. Opening Heights:
 - a. Pole Vault: **Boys- 10'**
Girls- 6'
 - b. High Jump: **Boys-5'4"**
Girls-4'2"

MEET SCHEDULE

THURSDAY, MAY 9TH

RUNNING EVENTS:

5:00	800m Medley	Girls	Finals
5:10	4 X 800m Relay	Girls	Finals
5:25	4 X 800m Relay	Boys	Finals
5:40	100m Hurdles	Girls	Prelims
5:50	110m Hurdles	Boys	Prelims
6:00	100m Dash	Girls	Prelims
6:20	100m Dash	Boys	Prelims
6:40	3200m Run	Girls	Faster Heat
7:00	3200m Run	Boys	Faster Heat
7:20	200m Dash	Girls	Prelims
7:40	200m Dash	Boys	Prelims

FIELD EVENTS:

4:30	Triple Jump	Girls
	Long Jump	Boys
	Shot Put	Girls
	High Jump	Boys
	Pole Vault	Girls
	Discus	Boys

NOTE

Due to the importance of this meet, both as a League Championship and as the last chance for athletes to qualify for State, we tried to incorporate plenty of time between events in order to give athletes a chance to adequately recover and be ready for their next event(s). As a result, we will adhere to the starting time for each event and NOT move ahead of schedule.

SATURDAY, MAY 11TH

RUNNING EVENTS:

ALL EVENTS ARE FINALS

9:00	100m Hurdles	Girls	
9:05	110m Hurdles	Boys	
9:15	100m Dash	Girls	
9:20	100m Dash	Boys	
9:30	4 X 200 Relay	Girls	
9:40	4 X 200 Relay	Boys	
9:50	1600m Run	Girls	
10:05	1600m Run	Boys	
10:25	4 X 100 Relay	Girls	
10:35	4 X 100 Relay	Boys	
10:45	400m Dash	Girls	
11:00	400m Dash	Boys	
11:15	300m Hurdles	Girls	
11:25	300m Hurdles	Boys	
11:40	800m Run	Girls	
11:50	800m Run	Boys	
12:00	200m Dash	Girls	
12:15	200m Dash	Boys	
12:30	3200m Run	Girls	Slower Heat
12:50	3200m Run	Boys	Slower Heat
1:10	4 X 400 Relay	Girls	
1:20	4 X 400 Relay	Boys	

FIELD EVENTS:

9:00	Long Jump	Girls
	Triple Jump	Boys
	Discus	Girls
	Pole Vault	Boys
	High Jump	Girls
	Shot Put	Boys

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