

Continental League Relays
March 9th, 2013
Sports Authority Stadium
Hosted by Rock Canyon High School

Schedule of Events

Field Events

8:30	Coaches Meeting
9:00	Discus (Girls/ Boys) Shot Put (Boys/Girls) High Jump (Boys/Girls) (Opening heights at 5'0/4'0) Pole Vault (Girls/Boys) (Opening heights at 6'0/8'0) Long Jump (Boys/Girls) Triple Jump (Girls/Boys)
9:00	2 Mile Team Race (1 Heat, B/G, CC Scoring)
9:30	400 Hurdle Relay (Shuttle Hurdles)
10:20	6400m Relay (Girls Section)
11:00	400m Relay
11:25	3200m Relay
11:50	800m Relay
12:05	Distance Medley Relay (800-400-1200-1600)
12:35	Sprint Medley Relay (100-100-200-400)
12:55	1600m Medley Relay (400-200-200-800)
1:20	6400m Relay (Boy's Section)
1:50	1600m Relay
2:15	Weight Person's Relay (4 x 100 meters)
2:30	Awards Presentations

**This is a tentative time schedule. We will run ahead of schedule if we can, so please make sure coaches and athletes are listening to the announcer.

*****Weigh-ins begins at 8:00 a.m.***

**** In order to score in any event, you must have 4 athletes compete in the event.****

Starting Heights for High Jump and Pole Vault

Boys High Jump will start at 5'0 then move by three inch increments until 5'6 and then by two inch increments from then on. Girls High Jump will start at 4'0 then move by three inch increments until 4'6, and then by two inch increments from then on. Boy's Pole Vault will start at 8'0 then move by 12 inch increments until 10'0, and then 6 inch increments from then on. Girl's Pole Vault will start at 6'0 then move by 12 inch increments until 8'0, and then by 6 inch increments from then on. In order to score in this event, you must have all four athletes clear at least one height.

Shot Put, Discus, Long Jump, Triple Jump

We will run 4 flights of each of these events with your best thrower/jumper competing in the last flight of each. Your second best in the third flight, your third in the second, and worst in the first flight. Each athlete will be allowed four attempts, and all marks will be measured.

Hurdles

As was done last year, we will be running shuttle hurdles. Remember that this will be a relay race so your school will need 4 runners in order to score. We will allow incomplete teams to compete so that coaches can get times. Please help us monitor the hurdles to avoid any accidents.

2 Mile Team Relay

This race will be run cross country style. At the end of the race we will hand each athlete a number and the team with the lowest combined number wins.

6400m Relay, 3200m Relay, and DMR

These events will be run with only one heat of each. Boys followed girls.

Weight Persons Relay

In order to run the weight man relay all four competitors must have competed in either the shot put or discus relay. **This is not a scored event

Running Relays events

The rest of the events will be run in two heats that will be randomly seeded. YOU DO NOT NEED TO SEND IN SEED TIMES. Places will be determined by time.

***We will condense heats if at all possible

Scoring

10-8-6-5-4-3-2-1

Awards

Ribbons and trophies will be given immediately following the conclusion of the Weight Person's Relay.

**WORKER ASSIGNMENTS- PLEASE PROVIDE AT LEAST ONE ADULT
WORKER TO RUN THE EVENT, WE WILL SUPPLY EXTRA STUDENT
WORKERS FOR EACH EVENT AS NEEDED.**

CASTLEVIEW – SHOT PUT AND DISCUS ASSISTANCE (1 worker for each)

CHAPARRAL – POLE VAULT (2 workers)

DOUGLAS COUNTY – HIGH JUMP (2 worker for each)

HERITAGE – LONG JUMP AND TRIPLE JUMP ASSISTANCE (1 worker for each)

HIGHLANDS RANCH – LONG JUMP (2 workers)

LEGEND – EXCHANGE ZONE JUDGES (2 workers)

LITTLETON – SHOT PUT (2 workers)

MOUNTAIN VISTA – HURDLE CREW (2-4 workers)

PONDEROSA – DISCUS (2 workers)

REGIS – EXCHANGE ZONE JUDGES (2 workers)

THUNDERRIDGE – TRIPLE JUMP (2 workers)

ROCK CANYON - (Timers, Clerk of the Course, Starter, Scorer, Announcer)

Schools assigned to Long Jump, Triple Jump, Shot Put, and Discus must provide their own tape measures

All schools running field events must have at least one adult in charge of running the designated event.

Please call if you have any questions:

Chris Page- Head Coach
303-641-1826 (cell)
303-387-3016 (school)

Lori Rommel-Athletic secretary
303-387-3010