Continental League Relays
March 12th, 2016
Sports Authority Stadium
Hosted by ThunderRidge H.S.

<u>**Schedule of Events**</u>

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)

Running Events
>   9:00 2 mile team race (1 heat, B/G, CC Scoring)
>   9:30 Hurdle (heats adding up time)
>   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 1600 Medley Relay (400-200-200-800)
>   1:20 6400 Relay (Boys Section)
>   1:50 1600m Relay
>   2:15 Weight Person's Relays (4 x 100 meters)
>   2:30 Awards Presentation

**This is <u>not</u> a state qualifying meet (But it will be officially timed)

**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.

** We will only score 2 in the high jump and Pole Vault

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

We will be timing hurlders and combining times for this event. Due to the problems with the set up of the stadium and for the safety of the competitors.

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 seeded by times on MileSplit. YOU DO NOT NEED TO SEND IN SEED TIMES. Places will be determined by time. Since this is a relays meet, no Invitational races will be sored.

***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

CASTLEVIEW – SHOT PUT (2 worker)

CHAPARRAL – POLE VAULT (2 workers)

DOUGLAS COUNTY – HIGH JUMP (2 worker)

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

HIGHLANDS RANCH – LONG JUMP (2 workers)

LEGEND – EXCHANGE ZONE JUDGES (2 workers)

ROCK CANYON – HURDLE CREW & SHOT PUT AND DISCUS ASSISTANCE (2-4 workers)

PONDEROSA – DISCUS (2 workers)

REGIS – EXCHANGE ZONE JUDGES (2 workers)

MOUNTAIN VISTA – TRIPLE JUMP (2 workers)

THUNDERRIDGE - (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.