



**Continental League Relays**  
**March 14, 2020**  
**Echo Park Stadium**  
**Hosted by Highlands Ranch High School**

**Schedule of Events**

- 8:30 Coaches Meeting
- 9:00 Discus (Girls followed by boys)  
Shot Put (Boys followed by girls)  
High Jump (Boys followed by girls) (Opening heights- 5'0"/4'0")  
Pole Vault (Girls followed by boys) (Opening heights- 6'0"/8'0")  
Long Jump (Boys followed by girls)  
Triple Jump (Girls followed by boys)
- 9:00 2 Mile Team Race (1 Heat, B/G, CC Scoring)
- 9:30 400/440 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 (1200-400-800-1600)
- 12:35 Sprint Medley Relay (100-100-200-400)
- 12:55 1600m Medley Relay (400-200-200-800)
- 1:20 6400m Relay (Boys Section)
- 1:50 1600m Relay
- 2:15 Weight Person's Relay (4x100)

\*\*This is a tentative time schedule. We will run ahead of schedule if we can, so please make sure coaches and athletes are watching what is on the track

\*\*Weigh-ins begin at 8:00 am

### **Starting Height 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 up by three-inch increments until 4'6", and then by two-inch increments from then on. Boys pole vault will start at 8'0" then move by 12-inch increments until 10'0", and then 6-inch increments from then on. Girls 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 throwers/jumpers competing in the last flight of each. Your second-best in the third flight, your third-best in the second flight, and your 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 add up times and score it that way.

### **6400m Relay, 3200m Relay, and DMR**

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

### **Weight Person's Relay**

In order to run the weight man relay, all four competitors must have competed in either the shot put or the discus. \*\* 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.

### **Scoring**

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

**Worker Assignments-** Please provide at least one adult worker to run the event. You may use kids to help out the adult

**Castlevia:** Shot Put and Discus Assistance, Hurdle Crew (1 worker for each)

**Chaparral:** Pole Vault

**Douglas County:** Long Jump and Triple Jump Assistance - Hurdle Crew (1 worker for each)

**Heritage:** Hurdle Crew

**Highlands Ranch:** Triple Jump (Timers, Cleark of the Course, Starter, Scorers)

**Legend:** Exchange Zone Judges

**Mountain Vista:** High Jump

**Ponderosa:** Discus

**Regis:** Exchange Zone Judges

**Thunderridge:** Long Jump

**Rock Canyon:** Shot Put

\*\*School 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 email if you have any questions:**

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