

2018 Continental League Frosh/Soph Championships
Echo Park Stadium
Wednesday, May 2, 2018 2:30pm
Hosted by Castle View High School

Meet Director: Shanequa Baker shanequa_baker@dcsdk12.org

Clerk of the Course: Harold Martin

Starter: Rod Card

Timing and seeding for the meet: Greg Bernard

Announcer: Ryan Hollingshead

Worker Assignments

Chaparral- Long Jump (includes someone to run wind gauge), put away wind gauge, clean up trash around long jump area

ThunderRidge- Hurdle Crew (100/110 & 300 Setup), Relay Exchange Judges (4 X 100; 4x200)

Douglas County- Hurdle Crew (100/110 & 300 Setup), Relay Exchange Judges (Sprint Medley, 4 X 100), Clean up trash in infield area

Heritage- Pole Vault, including helping weigh-in athletes (scale provided).

Highlands Ranch- Wind Gauge on track straightaway for 100m Hurdles, 110m Hurdles, 100m and 200m Dash, put wind gauge away

Legend- Triple Jump (includes person to run wind gauge and Clean trash and flags around Triple Jump area

Mountain Vista- Relay Exchanges (4x100, 4x200, Sprint Med)

Ponderosa- Discus & clean up flags and trash around discus area

Regis- High Jump and clean up around High Jump area

Rock Canyon- Shot Put, including helping weigh-in implements (scale provided), clean up flags and trash around shot put area

Castle View- Meet Director – Scoring/awards, Clerk of Course, Starter, Announcer, Concessions

If you would help with clean up of your assigned event, it would be greatly appreciated!

General Information

1. This meet is a pre-qualifying meet for the 5A 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 CVHS.
3. All field event workers and timers must report to their assignment no later than 2:15pm
4. Each school may enter no more than FOUR competitors per individual event and ONE relay team per relay event.
5. Coaches use good judgment on your times for your runners if they do not have a FAT time. At the minimum add .24 to your hand times
6. All relays will be randomly seeded through meet manager – NO SEED TIMES WILL BE USED – (You can leave it blank)
7. Scoring: EIGHT places in all events- 10-8- 6-5- 4-3- 2-1

Running Events/Entries

1. Running events will begin at 2:30 PM on Wednesday.
2. Entries will be through CO.MILESPLIT.US. **Password is- sabercat**
You can begin entries on , April 24th at 10:00 AM.
3. **DEADLINE FOR SUBMITTING ENTRIES IS 11:59 AM ON Monday, April 30,2018 @ 12pm**
4. In races run in heats, heats will be run slowest to fastest. (all races are finals/no prelims)
5. 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 in the 2nd garage opening north/west of the track before each race to get lane assignments and hip numbers.
6. Coaches' meetings will be at 2:00 PM on Wednesday.

Field Events

1. Field events will begin at 2:30 PM on Wednesday.
2. Weigh-ins: 1:45-2:15 PM on Wednesday
3. All Field events are Finals. Athletes will be given 4 attempts in Shot Put, Discus, Long Jump and Triple Jump.
4. Pole Vault and High Jump will follow the 5-Alive format
Pole Vault will raise 1' after opening height then proceed in 6" increments
5. High Jump will raise in 3" after first two heights then proceed in 2" increments

Opening Heights:

A. Pole Vault: Boys- 8' (8', 9', 9'6", 10', etc.)

Girls- 5' (if they go that low – 5', 6', 6'6", 7', etc.)

B. High Jump: Boys-5' (5', 5'3", 5'6", 5'8", 5'10", etc.)

Girls-4' (4', 4'3", 4'6", 4'8", 4'10", etc.)

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

*If you have any questions/concerns about entries, please direct them to Shanequa Baker at the email above.

**CONTINENTAL LEAGUE FROSH/SOPH MEET SCHEDULE
WEDNESDAY, MAY 2nd**

FIELD EVENTS:

2:30 Triple Jump Girls

Long Jump Boys

Shot Put Girls

High Jump Boys

Pole Vault Girls

Discus Boys

Immediately Following:

Long Jump Girls

Triple Jump Boys

Discus Girls

Pole Vault Boys

High Jump Girls

Shot Put Boys

RUNNING EVENTS:

We will have a rolling schedule – Please have your athletes pay attention to the announcer

2:30 Sprint Medley (1-1- 2-4) Girls Finals

4 X 800m Relay Girls Finals

4 X 800m Relay Boys Finals

100m Hurdles Girls Finals

110m Hurdles Boys Finals

100m Dash Girls Finals

100m Dash Boys Finals

4 X 200m Relay Girls Finals

4 X 200m Relay Boys Finals

1600m Run Girls Finals

1600m Run Boys Finals

4 X 100m Run Girls Finals
4 X 100m Run Boys Finals
400m Dash Girls Finals
400m Dash Boys Finals
300m Hurdles Girls Finals
300m Hurdles Boys Finals
800m Run Girls Finals
800m Run Boys Finals
200m Dash Girls Finals
200m Dash Boys Finals
3200m Run Girls Finals
3200m Run Boys Finals
4 X 400m Relay Girls Finals
4 X 400m Relay Boys Finals
Awards Immediately Following