**Highlands Ranch Memorial Invitational**

**Coaches Meeting:  8:45 am by the Athletic Garage**

**Field Events will Begin at 9:15 am**

**Pole Vault               Boys followed by Girls**

**Triple Jump           Boys followed by Girls**

**Long Jump             Girls followed by Boys**

**High Jump              Boys followed by Girls**

**Shot Put                   Girls followed by Boys**

**Discus                       Boys followed by Girls**

**Running Events**

**9:30am                    Girls 800 Sprint Medley**

**Boys 800 Sprint Medley**

**3200 Meter Relay (4x800)**

**100/110 Hurdles**

**100 Meter Dash**

**800 Meter Relay (4x200)**

**1600 Meter Run**

**400 Meter Relay (4x100)**

**400 Meter Run**

**300 Meter Hurdles**

**800 Meter Run**

**Paralympic 100m**

**200 Meter Dash**

**3200 Meter Run**

**1600 Meter Relay (4x400)**

**Shot Put Relay and Coaches Relay**

**Awards and Results in the Press Box**

**We will be using a rolling schedule.**

**3 Jumps / 3 Throws to Finals – top 10 to Finals – marks that exceed the minimum will be measured in shot/discus**

**Scoring – 10-8-6-5-4-3-2-1**

**Five entries per Team in Individual Events – 2 Relays per each relay event – we will also run a Boys Sprint Medley**

Minimum marks and starting heights for measuring:

Shot Put - - Boys 39 Feet  / Girls  27 Feet

Discus – Boys 100 Feet / Girls 75 Feet

Pole Vault – Starting Height – Boys 9 Feet / Girls 7 ‘6”

High Jump – Starting Height – Boys 5’6””  /  Girls 4’6.5 (then move up in two inch increments)

**This is a state qualifying meet – all CHSAA and NFHS rules apply.**