Weather Schedule – Monday 3/28 @ Lyons or Tuesday 3/29 @ Longmont

1:00 Coaches' Meeting   
(meet at the start/finish line)

**Cut-Off times for 800, 1600 and 3200 are:**

Girls: 3:20, 7:00, and 14:30

Boys: 2:50, 6:20, and 13:00

Max #

1:30 Girls 800 Medley Relay 2 heats  
1:35 Girls 3200 Relay 1 heat  
1:50 Boys 3200 Relay 1 heat  
2:00 Girls 100 M Hurdles 8 heats  
2:15 Boys 110 M Hurdles 8 heats  
2:30 Girls 100 M Dash 8 heats  
2:45 Boys 100 M Dash 8 heats  
3:00 Girls 4x200 M Relay 3 heats  
3:10 Boys 4x200 M Relay 3 heats  
3:20 Girls 1600 M Run 3 heats  
3:35 Boys 1600 M Run 3 heats  
3:55 Girls 4x100 M Relay 3 heats  
4:05 Boys 4x100 M Relay 3 heats  
4:15 Girls 400 M Dash 8 heats  
4:30 Boys 400 M Dash 8 heats

4:45 Invite - Girls 3200 1 heat  
5:00 Invite - Boys 3200 1 heat  
5:15 Girls 300 M Hurdles 8 heats  
5:30 Boys 300 M Hurdles 8 heats  
6:00 Girls 800 M Run 3 heats  
6:05 Boys 800 M Run 3 heats

6:20 Girls 200 M Dash 8 heats  
6:35 Boys 200 M Dash 8 heats

6:55 Girls 3200 M Run 1 heat  
7:10 Boys 3200 M Run 1 heat

7:25 Les Coyle Memorial 1/2 heats

Co-ed Weight Person

400 Relay (B-G-B-G)

7:30 Girls 4x400 M Relay 2 heats  
7:40 Boys 4x400 M Relay 2 heats

12:30 PV Check & Weigh-In All Vaulters  
12:30 Shot/Discus Weigh-In All Throwers

LJ, TJ, SP, Discus:

4 attempts, no finals

1:30 Girls High Jump   
 4'4", 4'7", then 2"   
1:30 Girls Long Jump   
 measuring over 13'   
1:30 Girls Shot Put   
 measuring over 25'   
  
1:30 Boys Pole Vault   
 8'4", 9'4", 10'4", then 6"   
1:30 Boys Triple Jump   
 measuring over 34'   
1:30 Boys Discus   
 measuring over 90'

4:00 Boys High Jump   
 5'4", 5'7", then 2"   
4:00 Boys Long Jump   
 measuring over 17'   
4:00 Boys Shot Put   
 measuring over 35'   
  
4:00 Girls Pole Vault   
 6'4", 7'4", 8'4" then 6"   
4:00 Girls Triple Jump   
 measuring over 27'   
4:00 Girls Discus   
 measuring over 70'