**2021 Pomona Invitational**

May 28th, 2021 – 3:00pm

May 29th, 2021 – 9:00am

Jefferson County Stadium

Welcome to the 2021 Pomona Invitational hosted by Pomona High School. This will be a two day meet with prelims for the sprints Friday along with some of the distance and field events (see schedule below).

**MEET DIRECTOR:** Jeff Donnel [jdonnel@jeffco.k12.co.us](mailto:jdonnel@jeffco.k12.co.us) 720-320-7058

Jon Sears [jeffcotrack@yahoo.com](mailto:jeffcotrack@yahoo.com)

**RULES AND REGULATIONS:**

The rules governing the meet are those of the National Federation of the State High School Association and The Colorado High School Activities Association. There will be prelims and finals in the field events, all races will be seeded with prelims and finals from the 400 and below. Please do not fudge entry distances. 3/16” spikes only at Jeffco Stadium.

**STATE QUALIFYING MEET:**

This meet is a qualifier for the state track meet and all rules and regulations pertaining to such a meet will be followed (uniforms, jewelry, etc.). You will be allowed two (2) entries per event. A third entry per event can be added if they reach the minimum standard as outlined later. Only one relay team per school please.

**COACHES MEETING:**

There will be a coaches meeting at 2:45 (Fri) at the start line. NO ADDS WILL BE ALLOWED. This will be strictly enforced.

**SCORING:** 10-8-7-6-5-4-3-2-1 (Nine Places)

**AWARDS:** Trophies 1st Boys and Girls

Medals 1st - 3rd Place

Ribbons 4th - 6th Place

Plaques Boys/Girls Track/Field MVP

**ENTRY FEES:** $300 per school. Please make checks payable to:

**POMONA TRACK & FIELD** by May 1st. Jeffco schools deposit into account #: SR030-450000-78000-1777

**ENTRIES DUE:** No later than **WEDNESDAY, May 26th at 10pm.**

**NO ENTRIES** **WILL BE ACCEPTED AFTER THIS TIME!**

**Entries will be submitted through the normal statewide process (milesplit).**

**ADDITIONAL INFORMATION:**

* No athletes or coaches will be allowed on the infield during the meet unless they are competing or warming up for the next event in the warm up area.
* Athletes are to report to the check in area at the first call prior to the event by the starting points on the infield.
* Athletes can pick up ribbons in front of the press box 20 minutes after the completion of their event.
* Tents may only be set up on the top row of bleachers, first come first serve.
* Concessions will be available.
* A trainer will be available for treatment of injuries.
* T-Shirts with meet logos and teams entered are being sold north of the press box.
* In case of poor weather, call (720) 320-7058 (Jeff Donnel).
* Starting heights/minimum marks:
  + Pole Vault – 9’4 boys (1’, 1’ then 6 inches), 7’4 girls (6 inches)
  + High Jump – 5’6 boys, 4’6 girls
  + Long Jump – 19’6’ boys, 15’ girls
  + Triple Jump – 40’ boys, 31’ girls
  + Shot Put – 41’ boys, 30’ girls
  + Discus – 120’ boys, 90’ girls
  + There will be a courtesy mark on the last trial if it is a fair attempt.
* A time schedule is on the following page.
* Keep in mind the slow heats of the 3200 will be run simultaneously with two starting lines (the slowest heat will run in lanes 5 and out with a head start. If you were here last year, you remember how it works).
* The weight person’s relay is divided into a boys and girls races. The winners of each get a special prize. If you run a mixed/coed team, enter it as a boys team. THROWERS ONLY!!!!!!!!
* A third entry (or more if it is officially timed) can be entered in each event if they meet the following marks:

Boys Girls

100 – 11.35 13.15

200 – 23.20 26.75

400 – 53.00 62.00

800 – 2:04.00 2:25.00

1600 – 4:40.00 5:45.00

3200 – 10:15.00 12:30.00

100/110H – 16.25 17.25

300 H – 44.00 50.50

Long Jump – 20’0 16’0

Triple Jump – 41’0 34’0

High Jump – 5’10 4’10

Shot Put – 44’0 30’0

Discus – 130’0 95’0

Pole Vault – 12’0 8’6

* **NOTE** – Extra entries need to be sent to me via email. There will not be room on MileSplit for 3 entries. This way I can check each entry manually.

**TIME SCHEDULE:**

3:00 PM Friday BOYS LONG JUMP 9:00 AM Saturday BOYS TRIPLE JUMP

GIRLS TRIPLE JUMP GIRLS LONG JUMP

GIRLS HIGH JUMP BOYS PV

GIRLS PV BOYS SHOT PUT

GIRLS SHOT PUT GIRLS DISCUS

BOYS DISCUS 11:00 AM Saturday BOYS HIGH JUMP

Friday Prelims and Finals

3:00 PM 100 HURDLE PRELIMS GIRLS

110 HURDLE PRELIMS BOYS

3:55 PM 100 M DASH PRELIMS GIRLS

100 M DASH PRELIMS BOYS

5:00 PM 4 X 800 M RELAY (FINAL) GIRLS

4 X 800 M RELAY (FINAL) BOYS

5:35 PM 400 M DASH PRELIMS GIRLS

400 M DASH PRELIMS BOYS

6:40 PM 300 M HURDLE PRELIMS GIRLS

300 M HURDLE PRELIMS BOYS

7:35 PM 3200 M RUN (FINAL - FAST) GIRLS

3200 M RUN (FINAL - FAST) BOYS

8:15 PM 200 M DASH PRELIMS GIRLS

200 M DASH PRELIMS BOYS

**The above schedule is a rolling schedule so if we get ahead we will stay ahead!**

Saturday (All races are finals):

9:00 AM 800 M MEDLEY (1-1-2-4) GIRLS

9:15 AM 100 M HURDLES GIRLS

9:20 AM 110 M HIGH HURDLES BOYS

9:30 AM 100 M DASH GIRLS

9:35 AM 100 M DASH BOYS

9:40 AM 4 X 200 M RELAY GIRLS

10:00 AM 4 X 200 M RELAY BOYS

10:20 AM 1600 M RUN GIRLS

10:50 AM 1600 M RUN BOYS **\*LJ (NORTH RUNWAY)**

11:25 AM 4 X 100 M RELAY GIRLS **\*TJ (SOUTH RUNWAY)**

11:40 AM 4 X 100 M RELAY BOYS

11:55 AM 400 M DASH GIRLS **\*LJ, TJ, DT, SP, TOP 10 TO FINALS IMMEDIATELY**

12:00 PM 400 M DASH BOYS **FOLLOWING PRELIMS**

12:10 PM 300 M HURDLES GIRLS

12:15 PM 300 M HURDLES BOYS **\*WEIGH IN FOR PV, SP, D WILL BE AT 2:15PM AND**

12:20 PM 800 M RUN GIRLS **8:15AM BY THE PRESSBOX (for the throws)**

12:50 PM 800 M RUN BOYS

1:25 PM 200 M DASH GIRLS

1:30 PM 200 M DASH BOYS

1:40 PM WEIGHT PERSON'S RELAY

2:00 PM 3200 M RUN (FINAL - SLOW) GIRLS

2:25 PM 3200 M RUN (FINAL – SLOW) BOYS

2:50 PM 4 X 400 M RELAY GIRLS

3:10 PM 4 X 400 M RELAY BOYS

**We will try to hold as close to this schedule as possible!**