**THE DUELS AT BROOMFIELD THURSDAY MARCH 28TH**

**Site:** Broomfield High School, #1 Eagle Way, Broomfield, CO 80020

**Confirmed Teams:** Broomfield, Columbine, Grandview, Legend, Mountain Vista, Niwot,

Rangeview, Grandview

**Admission:** Free

**Entries:** Each team is guaranteed 4 entries in each event. However, if your team has athletes that you feel are competitive at the varsity level go ahead and enter them. Use your best judgment. Each school will also be able to enter multiple relay teams in each relay event if they wish to do so. There will be no finals, place will be determined on time/mark.

**Cost:** Entry Fee will be $150.00 per school (Both Boys’ and Girls’). Please make checks payable to:

Grandview High School (Attention John Reyes)

20500 E Arapahoe Parkway

Aurora, CO 80016

**Substitutions/Scratches:** Due to the small amount of teams, both substitutions and scratches will be accepted up to the start and during the meet!!!!!

**Warm-Ups:** Warm-ups will be allowed on the infield, as well as the adjoining fields.

This will be a pre-qualifying meet!!

**Starting Heights High Jump and Pole Vault:**

Boys High Jump will start at 5’4 and then by two inch increments from then on. Girls High Jump will start at 4’4, and then by two inch increments from then on. Boy’s Pole Vault will start at 9’0 move to 10’0 and then by 6 inch increments from then on. Girl’s Pole Vault will start at 6’0 move to 7’0, and then by 6 inch increments from then on. Due to time concerns, please refrain from entering athletes that do not have a realistic chance of making the opening heights.

**Shot Put, Discus, Long Jump, Triple Jump**: Each competitor will receive 4 attempts, and we will not have finals. All marks will be measured

**Rules:** We will follow all national federation rules and regulations.

**Scoring/Awards:** Teams will be matched up against each other, and we will use duel meet scoring between each match-up. However, races/flights will be run against all schools. Match-ups TBD. No awards will be given only bragging rights.

**THE DUELS @ BROOMFIELD**

**3/29/19**

**Schedule**

2:00 Weigh-Ins (Shot/Discus/Pole Vault)

2:30 Coaches Meeting

3:30 Girls 800m Sprint Medley

 Girls 3200m Relay

 Boys 3200m Relay

 Girls 100m Hurdles

 Boys 110m Hurdles

 Girls 100m Dash

 Boys 100m Dash

 Girls 4 X 200m Relay

 Boys 4 X 200m Relay

 Girls 1600m Run

 Boys 1600m Run

 Girls 4 X 100m Relay

 Boys 4 X 100m Relay

 Girls 400m Dash

 Boys 400m Dash

 Girls 300m Hurdles

 Boys 300m Hurdles

 Girls 800m Run

 Boys 800m Run

 Girls 200m Dash

 Boys 200m Dash

 Girls 3200m Run

 Boys 3200m Run

 Girls 4 X 400m Relay

 Boys 4 X 400m Relay

**FIELD EVENTS**

3:00 Boys Long Jump Girls to follow

 Boys High Jump Girls to follow

 Boys Discus Girls to follow

 Girls Triple Jump Boys to follow

 Girls Pole Vault Boys to follow

 Girls Shot Put Boys to follow

We will follow a rolling schedule, but will make sure to still have adequate rest/recovery time for all athletes due to the size of the meet.