 **THUNDERRIDGE INVITATIONAL**

**DATE & TIME**

March 19, 2022

9:00 AM – 5:00 PM

**MEET LOCATION & VENUE**

EchoPark Stadium

11901 Newlin Gulch Blvd.

Parker, CO 80134

**MEET INFORMATION**

Meet Director Contact: Amy Teague
Email: ateague@dcsdk12.org

Entry Limit: 3 per team per event

Entry Fee: $300.00 (B/G), $150.00 if only entering one gender.

Please make checks payable to ThunderRidge High School and mail to:

ThunderRidge High School
1991 Wildcat Reserve Parkway
Highlands Ranch, CO 80129

Registration <https://co.milesplit.com/meets/463861/registration>

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 / 10' / 11' and then by 6-inch increments from then on. Girl's Pole Vault will start at 7' / 8' / 9' and then by 6-inch increments from then on.

Shot Put, Discus: Each competitor will receive 4 attempts, and we will not have finals.

Long Jump and Triple Jump: Each competitor that jumps over the set minimum mark will be measured. Each athlete will get at least one measured mark and we will not have finals.

Long Jump Minimum: Women 14' / Men 17'

Triple Jump Minimum: Women 26' / Men 33'

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

Scoring: 10-8-7-6-5-4-3-2-1 Awards will be given for 1-3

**MEET SCHEDULE**

8:30 Weigh-Ins (Shot/Discus/Pole Vault)

8:30 Coaches Meeting

**RUNNING EVENTS\***

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| **Girls** | **Boys** |
| 9:00 Girls 800m Sprint Medley | 9:30 Boys 3200m Relay |
| 9:15 Girls 3200m Relay | 10:05 Boys 110m Hurdles |
| 9:45 Girls 100m Hurdles | 10:45 Boys 100m Dash |
| 10:25 Girls 100m Dash | 11:20 Boys 4 X 200m Relay |
| 11:05 Girls 4 X 200m Relay | 11:55 Boys 1600m Run |
| 11:35 Girls 1600m Run | 12:35 Boys 4 X 100m Relay |
| 12:20 Girls 4 X 100m Relay | 1:15 Boys 400m Dash |
| 12:55 Girls 400m Dash | 2:05 Boys 300m Hurdles |
| 1:40 Girls 300m Hurdles | 2:45 Boys 800m Run |
| 2:30 Girls 800m Run | 3:20 Boys 200m Dash |
| 3:00 Girls 200m Dash | 4:05 Boys 3200m Run |
| 3:40 Girls 3200m Run | 4:50 Boys 4 X 400m Relay |
| 4:30 Girls 4 X 400m Relay |  |

**\*We will move ahead of schedule if possible so please have your athletes listen to the announcer.**

**FIELD EVENTS\***

|  |  |
| --- | --- |
| **Girls** | **Boys** |
| 9:00 Girls Long Jump | 9:00 Boys Triple Jump |
| 9:00 Girls Pole Vault | 9:00 Boys High Jump |
| 9:00 Girls Discus | 9:00 Boys Shot Put |
| 1:00 Girls Triple Jump | 1:00 Boys Long Jump |
| 1:00 Girls High Jump | 1:00 Boys Pole Vault |
| 1:00 Girls Shot Put | 1:00 Boys Discus |

**\*We will move ahead of schedule if possible so please have your athletes listen to the announcer.**