

2022 Continental League Frosh/Soph Championships

Echo Park Stadium

Friday, May 13, 2022 8:00 a.m.

Hosted by Ponderosa High School

Meet Director: Michael Warburton

Timing and Seeding: DCSD Timing Crew

Spectator Fee: \$5

Worker Assignments

Chaparral- Pole Vault

Rock Canyon- Hurdle Crew (100/110 Setup; 300 Setup), Relay Exchange Judges (4 X 100; 4x200).

Douglas County- Hurdle Crew (100/110 Setup; 300 Setup), Relay Exchange Judges (Sprint Medley, 4 X 100)

Castle View- Shot Put, including helping weigh-in athletes (scale provided), clean up flags and trash around shot put area.

Mountain Vista- Wind Gauge on track straightaway for 100m Hurdles, 110m Hurdles, 100m and 200m Dash, put wind gauge away

Highlands Ranch- Triple Jump (includes person to run wind gauge and clean trash and flags around Triple Jump area)

Heritage- Relay Exchanges (4x100, 4x200, Sprint Med). Break line (4x800, 800, 1600, 3200, and 4x400)

Legend- Discus, including helping weigh-in athletes (scale provided); clean up flags and trash around discus area

ThunderRidge- High Jump and clean up around High Jump area

Regis- Long Jump (includes someone to run wind gauge), put away wind gauge, clean up trash around long jump area

Ponderosa- Meet Director – Scoring/awards, Officials, Concessions, Registration, check-in table, entrance gate

Timers: Timing and seeding of the meet will be done by the DCSD timing crew.

If you would help with clean-up of your assigned event, it would be greatly appreciated!

General Information

1. This meet is a pre-qualifying meet for the 4A/5A Colorado State Track and Field Championships
2. Each school responsible for a field event must provide their own measuring tapes and enough workers to run the entire event. Clipboards, event forms, and pencils.
3. All field event workers and timers must report to their assignment no later than 7:30am
4. Each school may enter no more than FOUR competitors per individual event and ONE relay team per relay event.
5. Coaches use good judgment on your times for your runners if they do not have a FAT time. All relays will be randomly seeded through meet manager – NO SEED TIMES WILL BE USED – (You can leave it blank)
7. Scoring: EIGHT places in all events- 10-8-6-5-4-3-2-1

Running Events/Entries

1. Running events will begin at 8:00 AM on Friday.
2. Entries will be through CO.MILESPLIT.US.
3. **DEADLINE FOR SUBMITTING ENTRIES IS 8:00pm ON May 11th.**
4. In races run in heats, heats will be run slowest to fastest. (all races are finals/no prelims)
5. For the 800m and 1600m races, the number of entries will determine the number of heats.
6. Runners must report to the Check-In Clerk in the 2nd garage opening north/west of the track before each race to get lane assignments and hip numbers.
7. Coaches' meetings will be at 7:45 AM on Friday at the start/finish line.

Field Events

1. Field events will begin at 8:00 AM on Friday.
2. Weigh-ins: 7:15-7:45 AM on Friday
3. All Field events will be given 3 attempts in Shot Put, Discus, Long Jump and Triple Jump followed by finals.
4. Pole Vault and High Jump will follow the 5-Alive format
Pole Vault will raise 1' after opening height then proceed in 6" increments
5. High Jump will raise in 3" after first two heights then proceed in 2" increments

Opening Heights:

A. Pole Vault: Boys- 8' (8', 9', 9'6", 10', etc.)

Girls- 5' (if they go that low – 5', 6', 6'6, 7', etc.)

B. High Jump: Boys-5' (5', 5'3", 5'6", 5'8", 5'10", etc.)

Girls-4' (4', 4'3", 4'6", 4'8", 4'10", etc.)

*****ONLY SCRATCHES WILL BE ALLOWED ON THE DAY OF THE MEET*****

*If you have any questions/concerns about entries, please direct them to Michael Warburton at the email above.

CONTINENTAL LEAGUE FROSH/SOPH MEET SCHEDULE

Friday, May 13th

Coaches Meeting 7:45 a.m. at Starting Line

FIELD EVENTS:

8:00 A.M.

Triple Jump Girls
Long Jump Boys
Shot Put Girls
High Jump Boys
Pole Vault Girls
Discus Boys

Immediately Following:

Long Jump Girls
Triple Jump Boys
Discus Girls
Pole Vault Boys
High Jump Girls
Shot Put Boys

RUNNING EVENTS:

We will have a rolling schedule – Please have your athletes pay attention to the announcer

8:00 A.M.

Sprint Medley (1-1- 2-4) Girls
Finals 4 X 800m Relay Girls
Finals 4 X 800m Relay Boys
Finals 100m Hurdles Girls
Finals 110m Hurdles Boys
Finals 100m Dash Girls
Finals 100m Dash Boys
Finals 4 X 200m Relay Girls
Finals 4 X 200m Relay Boys
Finals 1600m Run Girls
Finals 1600m Run Boys
Finals 4 X 100m Run Girls
Finals 4 X 100m Run Boys
Finals 400m Dash Girls
Finals 400m Dash Boys
Finals 300m Hurdles Girls
Finals 300m Hurdles Boys
Finals 800m Run Girls
Finals 800m Run Boys
Finals 200m Dash Girls
Finals 200m Dash Boys
Finals 3200m Run Girls
Finals 3200m Run Boys
Finals 4 X 400m Relay Girls
Finals 4 X 400m Relay Boys
Finals Awards Immediately Following