

Meet Schedule					
Track Events	Girls then Boys		Field Events	4 attempts - no finals	
Coach Meeting	8:30 AM		Girls Long Jump	8:30 AM	East Pit
Opening Prayer	8:55 AM		Boys Long Jump	8:30 AM	West Pit
3200m Run	9:00 AM		Girls Shot Put	8:30 AM	
Girls SMR	9:35 AM		Boys Discus	8:30 AM	
4x800m Relay	9:40 AM		Girls Pole Vault	8:30 AM	
100m Hurdles	10:05 AM		Boys High Jump	8:30 AM	North Side
110m Hurdles	10:20 AM		Events Below to Follow - start times approximate		
100m Dash	10:35 AM		Girls High Jump	9:30 AM	North Side
4x200m Relay	11:10 AM		Boys Shot Put	9:30 AM	
1600m Run	11:20 AM		Girls Discus	10:30 AM	
Lunch Break	12:15 PM		Boys Pole Vault	9:30 AM	
4x100m Relay	12:45 PM		Girls Triple Jump	9:30 AM	East Pit
400m Dash	12:55 PM		Boys Triple Jump	9:30 AM	West Pit
300m Hurdles	1:20 PM				
800m Run	1:35 PM				
200m Dash	1:50 PM				
4x400m Relay	2:30 PM				
Meet Conclusion	2:45 PM				
These times are approximate. We will move to a rolling schedule if we fall more than 15 minutes behind.					
6 Entries per 100/200/400, Unlimited for the mile, 4 Entries for everything else, 1 relay allowed.					
State Qualifying Meet following NFHS and CHSAA Rules & Regulations					
1. The top 8 places per event will be scored (10-8-6-5-4-3-2-1).					
- Lane 9 will be kept open					
2. All running events will be finals only. Long jump, triple jump, discus, and shot will consist of 4 attempts, no finals.					
- Event winners pick up your T-Shirts near the check-in tent					
3. Running events need to report to the clerk before entering the field.					
- Check-in will be under the Valor Tent near the horizontal jump runways					
4. A trainer will be available during the meet.					
5. Starting blocks will be provided, but each school must provide its own batons.					
6. No lockers are available.					
7. Final results will be available on http://www.co.milesplit.com/					
8. The track, discus and shot put sectors are restricted areas for coaches.					
9. No athlete camps will be allowed on the infield of the stadium.					
- Team camps can be placed in the highest level of the home stands or on the backstretch.					
10. Warm-up areas will be designated on the infield					
11. Parking					
- Parking is available anywhere on campus.					
- Please refrain from parking across the street at Cherry Hills Christian or in the neighborhoods.					