Cherry Creek Invitational

Teams Attending: Arapahoe, Arvada West, Chaparral, Chatfield, Cherokee Trail, Cherry Creek, Columbine, Dakota Ridge, Denver South, Douglas County, Evergreen, Harrison, Legend, Mountain Vista, Mullen, Overland, Pueblo East, Rampart, Rock Canyon, Thunder Ridge, Vista Ridge, Heritage\*, Smoky Hill\*, Stanley Lake\*

\*Still needs to make payment\*

7:45 am (minimums listed) 11:00 am (minimums listed)

Boys Pole Vault Girls Pole Vault

Boys Triple Jump 37’ Boys Long Jump 18’

Boys Discus 100’ Boys Shot Put 35’

Girls High Jump starting at 4’6” Boys High Jump 5’6”

Girls Triple Jump 29’6” Girls Long Jump 14’10”

Girls Shot Put 22’ Girls Discus 50’

In long jump, triple jump, shot put, and discus all athletes will be given 3 attempts. 9 athletes will go to finals. Minimum marks must be met to be measured. Each athlete will at least be given one measured attempt.

7:25 am Coaches Meeting

8:00 am Girls 3200 m (fast)

8:20 am Boys 3200 m (fast)

8:35 am Girls Sprint Medley

8:50 am Girls 4 X 800 (2 heats?)

9:15 am Boys 4 X 800 (2 heats?)

9:35 am Girls 100 m hurdles

9:55 am Boys 110 m hurdles

10:15 am Girls 100 m

10:35 am Boys 100 m

10:55 am Girls 4 X 200

11:10 am Boys 4 X 200

11:25 am Girls 1600 m

11:45 am Boys 1600 m

12:05 pm Girls 4 X 100

12:20 pm Boys 4 X 100

12:35 pm Girls 400 m

1:00 pm Boys 400 m

1:20 pm Girls 300 m hurdles

1:45 pm Boys 300 m hurdles

2:10 pm Girls 800 m

2:30 pm Boys 800 m

2:45 pm Girls 200 m

3:05 pm Boys 200 m

3:25 pm Girls 3200 m (slow)

3:40 pm Boys 3200 m (slow)

3:55 pm Girls 4 X 400

4:10 pm Boys 4 X 400

\*\*We will run ahead if possible. However, we will not get more than 30 minutes ahead of schedule.

Meet Notes:

1) Team tents may only be set up in the East stands.

2) Athletes should only be on the infield to warm-up. There should be no team camps on the infield. Coaches should also try and stay out of the infield. State is only a few weeks away, so let’s get the kids used to us not being on the field.

3) A trainer will be set up under the red tent on the south end of the infield.

4) The check in tent will be near the 50 yard line under the red tent.

5) 1st, 2nd, and 3rd place finishers should pick up their award t-shirts at the check-in tent.

6) Lunches will be delivered from Jason’s Deli at 11:30 am. Each team will receive 6 lunch tickets for your coaches. Lunches can be picked up from the team room in the SE corner of the track.

7) We have a horrible set up for spectating girls long and triple jump. Please make sure parents know that they are not allowed on the infield. If they want to watch an athlete jump, they need to exit the stadium and view the jumps from outside the fence on the south end. So sorry!!

8) Our throwing facility is not near the track. Athletes and parents will want to go to the parking lot just to the south of the school. The throwing facility is near the SE corner of that parking lot.

9) Coaches meeting will be held at 7:25 am at the finish line. We will have bagels/donuts and coffee for coaches. You will also receive your lunch tickets and trash bags for your area. Please print your own heat sheets.

10) Scoring 1 – 8: 10-8-6-5-4-3-2-1. Top 3 in each event receive a t-shirt and top 2 teams for boys and girls will receive plaques.

11) Starters: Bill Cox and Bob Deter

 Referee – Bob Volzer

 Field Referee – Larry Lienemann

12) Thanks so much for coming to our meet and good luck!!