

Monarch/Longmont/Lyons Invitational – 2021

Co-hosted @ Centaurus High School this year

8:20 Coaches' Meeting Max #
(meet at the start/finish line) of Heats

8:30 PV Check & Weigh In - All Vaulters
8:30 Shot/Disc Weigh In -All Throwers

Cut-Off times for 800, 1600 and 3200 are:

Girls: 3:20, 7:00, and 14:30

Boys: 2:50, 6:20, and 13:00

LJ, TJ, SP, Discus:
3 attempts, top 9 to finals

	<u>Max #</u>
9:10 Girls 800 Medley Relay	3 heats
9:20 Girls 3200 Relay	1 heat
9:35 Boys 3200 Relay	1 heat
9:50 Invite - Girls 3200 (Girls: under 12:30 – 24 max)	1 heat
10:05 Invite - Boys 3200 (Boys: under 10:20 – 24 max)	1 heat
10:20 Girls 100 M Hurdles	8 heats
10:35 Boys 110 M Hurdles	8 heats
10:50 Girls 100 M Dash	8 heats
11:10 Boys 100 M Dash	8 heats
11:25 Lunch Break for Coaches/Workers	
11:45 Girls 4x200 M Relay	3 heats
11:55 Boys 4x200 M Relay	3 heats
12:05 Girls 1600 M Run	3 heats
12:25 Boys 1600 M Run	3 heats
12:50 Girls 4x100 M Relay	3 heats
1:00 Boys 4x100 M Relay	3 heats
1:10 Girls 400 M Dash	8 heats
1:25 Boys 400 M Dash	8 heats
1:45 Girls 300 M Hurdles	8 heats
2:00 Boys 300 M Hurdles	8 heats
2:15 Girls 800 M Run	4 heats
2:35 Boys 800 M Run	4 heats
2:55 Girls 200 M Dash	8 heats
3:15 Boys 200 M Dash	8 heats
3:30 Les Coyle Memorial Co-ed Weight Person 400 Relay (B-G-B-G)	1/2 heats
3:40 Girls 4x400 M Relay	2 heats
3:50 Boys 4x400 M Relay	2 heats

9:00 Girls High Jump
4' 1", 4'4", 4'7", then 2"
9:00 Girls Long Jump
measuring over 12'
9:00 Girls Shot Put
measuring over 20'
9:00 Boys Pole Vault
8'2", 9'2", 10'2", then 6"
9:00 Boys Triple Jump
measuring over 34'
9:00 Boys Discus
measuring over 70'

12:00 Boys High Jump
5' 1", 5'4", 5'7", then 2"
12:00 Boys Long Jump
measuring over 15'
12:00 Boys Shot Put
measuring over 30'
12:00 Girls Pole Vault
5'8", 6'8", 7'8" then 6"
12:00 Girls Triple Jump
measuring over 25'
12:00 Girls Discus
measuring over 60'