

St. Vrain Invitational Time Schedule 2023

9:30	Coaches' Meeting	Max # of	9:15	PV Check & Weigh In	All Vaulters
		Entries	9:15	Shot/Discus Weigh In	All Throwers
9:55	Girls 800 Meter Relay	48			
10:15	Girls 3200 Meter Run	60	<i>LJ, TJ, SP, Discus: 3 attempts, then top 9 to finals</i>		
10:30	Boys 3200 Meter Run	60	10:00	Boys High Jump	Max 50
10:45	Girls 4x200 Meter Relay	48		5' 4", 5' 7", 5' 9", 5'10.5" then 1"	
11:05	Boys 4x200 Meter Relay	48			
11:30	Girls 100 Meter Hurdles	96	10:00	Boys Long Jump	Max 50
12:15	Boys 110 Meter Hurdles	96		measuring over 18'	
12:45	Girls 3200 Relay	48	10:00	Girls Shot Put	Max 50
1:15	Boys 3200 Relay	48		measuring over 27'	
1:50	Girls 100 Meter Dash	96	10:00	Girls Triple Jump	Max 50
2:15	Boys 100 Meter Dash	96		measuring over 30'	
2:40	Big O Coach 100 Prelims	32	10:00	Boys Discus	Max 50
2:50	Girls 400 Meter Dash	96		measuring over 110'	
3:10	Boys 400 Meter Dash	96			
3:30	Girls 800 Meter Run	120	10:00	Girls Pole Vault	Max 60
3:45	Boys 800 Meter Run	120	Runway 1	8' 6" then 6"	
4:10	Girls 300 Meter Hurdles	96	Runway 2	(1A/2A 5'6"), 6', 7', 8', then 6"	
4:45	Boys 300 Meter Hurdles	96			
			1:00	Shot/Discus Weigh-in if needed	
5:30	ATB USATF Open PV				
			2:00	Girls High Jump	Max 50
5:20	National Anthem			4' 4", 4' 6", 4' 7.5", then 1"	
5:25	Girls 4x100 Meter Relay	56	2:00	Boys Shot Put	Max 60
5:45	Boys 4x100 Meter Relay	56		measuring over 37'	
6:10	Unified/Paralympic 100	No Limit	2:00	Girls Discus	Max 50
6:30	Big O Coach Challenge 100 Final	8		measuring over 90'	
6:30	Special Event: ATB Elite PV	none	2:00	Girls Long Jump	Max 50
				measuring over 14' 0"	
6:40	Girls 200 Meter Dash	96	2:00	Boys Triple Jump	Max 50
7:10	Boys 200 Meter Dash	96		measuring over 37'	
7:40	Girls 1600 Meter Run	120	noon	Boys weigh-in (if needed)	
8:10	Boys 1600 Meter Run	120	2:00	Boys Pole Vault	Max 60
			Runway 1	11', then 6"	
			Runway 2	(1A,2A 8'), 8'6", 9'6", 10'6", then 6"	
Murray Kula Memorial 1600 Relays					
8:50	Girls 4x400 Meter Relay	48			
9:20	Boys 4x400 Meter Relay	48			