

Boulder Invite V & JV Meet 3/10/18 at Broomfield High school

****We will run ahead of schedule if possible.****

Updated Schedule (3/5/18) 5-entries per school-1 relays per school (3 even heats if possible and necessary)

Running events will be seeded fastest heat first, field events normal

7:45 Weight in Shot and Discus at Northwest shed -Pole Vault at the event (Can weigh in early for all)

8:00 Coaches meeting by the finish line

8:15 Field events ---

Pole Vault (b) start at 8', 9' then 6" and work up-

Shot Put (b) - seeded 3 throws then finals

Discus (g) seeded 3 throws then finals

High Jump (b) 4'10", 5'1", 5'4", 5'6" then 2"-

Long Jump Pit (g) South runway seeded 3 jumps then finals

Triple Jump Pit (b) North runway seeded 3 jumps then finals

8:15- 3200 (g) super alley fast first (possibly 2 heats)

8:45- 3200 (b) super alley fast first (possibly 2 heats)

9:10 - Sprint Medley (g) (3 heats if needed)

9:25- 4 x 800 (g) -

4 x 800 (b) -

10:00 - 100m Hurdles- (12 heats possibly)

10:25- 110m High Hurdles- (12 heats possibly)

10:50 - 100m (g)- (12 heats possibly)

11:15- 100m (b) -(12 heats possibly)

11:25 approx Weight in Shot and Discus at Northwest shed -Pole Vault at the event

11:50 - 4 x 200 (g)- (3 heats if needed)

12:05 - 4 x 200 (b) -(3 heats if needed)

12:00 approx -Field events or when the morning field events are finished

Shot Put (g) - seeded 3 throws then finals

Discus (b) - seeded 3 throws then finals

Triple Jump Pit (g) North runway seeded 3 jumps then finals

Long Jump Pit (b)) South runway seeded 3 jumps then finals

Pole Vault (g) start at 5', 6', then 6" and work up-

High Jump (g) - 3'10" 4'1", 4'4", 4'6" then 2"-

12:20-LUNCH

12:45 - 1600m (g)- (3-4 heats if needed)

1:10 - 1600m (b)- (3-4 heats if needed)

1:35 - 4 x 100 (g)- (3 heats if needed)

1:50 4 x 100 (b)- (3 heats if needed)

2:05 - 400m (g)- (12 heats possibly)

2:35 - 400m (b)- (12 heats possibly)

3:05 - 300m Hurdles (g)- (12 heats possibly)

3:35 - 300m Hurdles (b)- (12 heats possibly)

4:05 - 800m (g) -(3-4 heats if needed)

4:30 800m (b) -(3-4 heats if needed)

4:55 - 200m (g)- (12 heats possibly)

5:25 - 200m (b)- (12 heats possibly)

5:50 - DMR 1200-400-800 -1600 (g)-(1-heat?)

6:05- DMR 1200-400-800 -1600 (b)- 1-heat?)

6:20 -4 x 400 (g)- (3 heats if needed)

6:40 - 4 x 400 (b)- (3 heats if needed)