

**2016 EMAC JV Championships**  
**April 20<sup>th</sup>, 2016 3 P.M.**  
**Aurora Public Schools Stadium**

**Schools Competing**

Adams City, Aurora Central, Brighton, Gateway, Hinkley, Northglenn, Prairie View, Rangeview, Thornton, Westminster

**General Information**

**This meet is designed for Freshmen & Sophomores (regardless of JV or Varsity status), *OR* upperclassmen who do not compete at the Varsity level.**

The meet will begin at 3:00 p.m. All running events will be contested as finals, and heats will be seeded from slowest to fastest. We will run girls events before boys and follow the regular order of events. Times will be electronic and uploaded to Milesplit (not Maxpreps) following the meet.

**Meet Staff**

Director- Chris Carhart, Hinkley High School – hinkleytrack@gmail.com

Clerks of the Course – Bob Bozied & Amy Farmer, Hinkley High School

Starter- Jerry Herbst

**Rules and Regulations**

The rules governing the meet are those of the National Federation of State High School Associations, the Colorado High School Activities Association (CHSAA), as well as the EMAC League.

**Entries**

Entries will be submitted online at [co.milesplit.com](http://co.milesplit.com) no later than **Sunday, April 17<sup>th</sup> at 10pm MST**. **There will be NO re-seeding if your entries are not submitted on time.**

Due to the conversion to electronic timing, each school will be allowed only **THREE** entries per running event and field event and one team per relay event. If you need to run additional athletes beyond your 3 entries, let us know at the coaches meeting, and we will run them in a hand-timed heat after the conclusion of the seeded heats.

## **Coaches Meeting**

There will be a coaches meeting at 2:30 p.m. in front of the press box. Coaches will not be allowed to make substitutions at this time. If you need to run an athlete in the place of another, they will check in and compete as the originally entered athlete.

## **Scoring**

Top 8 Places will score as follows: 10-8-6-5-4-3-2-1

## **Meet Assignments.**

High Jump – Brighton

Long Jump – Thornton

Triple Jump – Rangeview

Shot Put – Westminster

Discus – Northglenn

Pole Vault – Prairie View, Hinkley

Exchange Judges – Gateway, Adams City

Hurdle crew – Hinkley, Aurora Central

Check-in/Clerk/Results – Hinkley

\*If running an event, you are responsible for bringing all necessary helpers

## **Additional Information**

1. Athletes will check in for each running event 15 minutes prior to their event at the middle of the infield. They will be given their lane assignment and hip sticker.
2. Athletes will be allowed to warm-up on the infield.
3. An athletic trainer, water, and ice will be on hand.
4. In case of inclement weather the day of the meet you will be emailed.
5. Ribbons will be awarded to 1<sup>st</sup>-3<sup>rd</sup> Place. Plaques will be awarded to the winning teams. All ribbons and awards will be available immediately following the conclusion of the meet.
6. Admission to the meet for spectators will be \$5 for adults and \$2 for students.

### **Field Event Schedule**

3:00 p.m.

Boys Long Jump - 4 jumps, no finals

Girls Triple Jump - 4 jumps, no finals

Boys Shot Put - 4 throws, no finals

Girls Discus - 4 throws, no finals

Girls High Jump - starting height will be 3'10"

Boys Pole Vault – starting height will be 6'6"

4:30 p.m.

Boys Triple Jump - 4 jumps, no finals

Girls Long Jump - 4 jumps, no finals

Girls Shot Put - 4 throws, no finals

Boys Discus - 4 throws, no finals

Boys High Jump - starting height will be 4'6"

Girls Pole Vault – starting height will be 5'6"

### **Running Event Schedule**

3:00 p.m.      Girls Sprint Medley Relay

4x800m Relay

100m/110m Hurdles

100m

4x200m Relay

1600m Run

4x100m Relay

400m

300m Hurdles

800m

200m

3200m Run

4x400m Relay

