

Mercury Invitational~State Qualifier



Welcome to the Mercury Invitational, sponsored by Brighton High School on Thursday, March 31st, 2016 at the Brighton High School Track.

State Qualifying: This meet is a state pre-qualifying meet and is sanctioned by CHSAA.

Date: Thursday, March 31st, 2016 / Entries due 11:59 a.m. Wednesday, March 30th

Time: 1:30 p.m. (Coach's Mtg @ 1:00)

Site: Brighton High School Stadium & Track (Southern and S. 10th). Buses can drop athletes off at the main north entrance. Coaches, please be prepared to show your CHSAA card/Staff I.D. at the ticket booth if not entering with your team.

Rules: The National Federation Track and Field rules for 2015-2016 and the 2015-2016 CHSSA Track and Field Bulletin will be the official rules of this meet.

Entries: Entries are limited to: three individuals per event and one relay team per relay event + **1 co-ed weight-man's relay (unscored)** for the 4x100 (two boys/two girls—any order). 4 entries for the mile will be allowed to accommodate the 4x1600meter relay (Scored Cross Country style).

Scoring: Eight Places will be scored. (10-8-6-5-4-3-2-1)

Events: All Track and Field events will be run as FINALS for this day. Track events will be run against time. Field events will allow all competitors just four total trials, replacing the preliminaries and finals format with four jumps or throws with minimum marks to be announced.

Awards: Trophies will be awarded to the first and second place boys and girls teams. Medals will be awarded to the top two places in each event and ribbons to 3rd-8th places.

***NEW THIS YEAR—Awards for Athlete of the Meet B/G and Field/Track**

Entry Deadline: **Entries are due by 11:59 AM on Wednesday, March 30th, 2016.** Entries will be made using CoMileSplit (co.milesplit.com), which will use FAT times. If only handheld times are available, please add .25 to the hand time to ensure accurate seeding. If no known times are available, please enter NT.

Contact Info: Karen Smidt, BHS Co-Head Coach / Meet Manager
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Phone: 303-655-4209 (school) 303-621-4540 (cell)

Brighton High School
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Brighton CO 80601
Phone: 303-655-4209
School fax: 303-655-2885

Competing Schools (some partial teams): Alameda International, Denver Academy of Torah, Elizabeth, Heritage Christian, Highland, Lutheran, Mead, Moffatt, PNE, Nederland, Northglenn, Platte Canyon, Prairieview, Sorocco, Thomas Jefferson, Twin Peaks, Valley

As mentioned in the invite, each school may reduce their fee by running a field event as the Event Official. Brighton parents and/or athletes will be assigned to assist each event official. Clipboards, tape measures, and rakes will be provided. The following are the field event and other assignments:

	BOYS	GIRLS
High Jump:		Northglenn
Long Jump:	PrairieView	
Triple Jump:		Heritage Christian
Shot Put:	Elizabeth	
Discus:		Alameda
Pole Vault:	Brighton	Brighton
Trackside wind gauge:	GoMeets	GoMeets
Jump runway wind gauges:	Brighton	Brighton
Exchange zone judges:	Brighton	Brighton
Hurdle crew:	Brighton ALL	Brighton ALL

Please bring the completed field event sheets to the score tent near the finish line immediately upon completion of the event.

The coach's meeting will take place at 1:00 p.m. in the locker room south of the snack bar. ABSOLUTELY NO additions or substitutions will be permitted. Athletes can scratch with the Clerk at the start line. Supplies for the assigned field events will also be picked up at this time.

**Entries are due by 11:59 AM
Wednesday, March 30th!**

No additions or substitutions
after this deadline.

Mercury Invitational Schedule

Field Events

1:30 p.m.	<u>Girls</u> High Jump Triple Jump Discus	<u>Boys</u> Shot Put Long Jump Pole Vault
3:30 p.m.	<u>Girls</u> Shot Put Long Jump Pole Vault	<u>Boys</u> High Jump Triple Jump Discus

All field event competitors must check-in at their event, prior to the event's listed starting time.

The Long Jump, Triple Jump, Pole Vault, Shot Put, and Discus will be run in flights. All events are finals, and each competitor will be given four attempts.

Shot put and discus weigh-in begins at 12:30 p.m. in between the locker rooms (south of the snackbar). All shot puts and discuses must have a weigh-in mark in order to be used for competition.

The starting height for the High Jump will be slightly below the 8th best incoming jump (TBA the day before the meet). The height will be raised by 2" increments. Athletes will be given four attempts at each height.

Pole Vault weigh-ins will occur at the Southeast Red shed near the Vault. The starting height for the Pole Vault will be slightly below the 8th best incoming jump (TBA the day before the meet). The height will be raised by 6" increments. Athletes will be given four attempts at each height.

Track Events

Times are **approximate**, and if possible, the meet will run ahead of schedule—PAY ATTENTION TO THE CALL FOR EVENTS! **We will roll through all events as quickly and efficiently as possible.**

2:00 p.m.	800m medley relay (G) 3200m relay (G & B) 100m high hurdles (G) 110m high hurdles (B) 100m dash (G & B) 800m relay (G & B) 1600m run (G & B) – (team's 4 top times will be added together for the 6400m relay result) 400m relay (G & B) *400m Weight-Man's Co-ed relay 400m dash (G & B) (15 minute break) 300m low hurdles (G) 300m intermediate hurdles (B) 800m run (G & B) 200m dash (G & B) 3200m run (G & B) 1600m relay (G & B)
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All track athletes (only anchors of relays) must report to the table on the north end of the field to obtain a hip number and then **check-in with the clerk** at the staging area prior to their event. All athletes MUST check-in with the clerk prior to their event or they will be scratched. Hip numbers need to be worn on the left hip.

- Athletes will be seeded by submitted times. The heats will run from slow to fast.
- The 400m relay and 800m relay will be run in lanes the entire race. The 800m medley relay and the 1600m relay will be run using a two-turn stagger. The 6400m relay will be scored by adding the top 4 places of each team in the 1600m run. The 800m run and 1600m run will use super-alleys; the 3200m run and 3200m relay will be run using a waterfall start.
- A maximum length of 3/16-inch spikes will be allowed.
- Tape may be used sparingly to place marks on the track. Scratching, use of chalk or marker, or inserting objects into the ground is prohibited.
- No food or drink other than water is allowed in the competition area.
- Uniform rules will be enforced. **Athletes may not possess or use electronic devices of any kind in competition areas. This will be strictly enforced.**
- Athletes should remain in the stands or camps unless competing or warming up. Athletes may use the football field to warm-up. **NO PARENTS OR SPECTATORS WILL BE ALLOWED ON THE INFIELD.**
- Coaches may be on the field. There will be designated coaching and filming areas for all field events.
- Admission will be charged: \$5 for adults, \$4 for students.
- Concessions will be provided by the Brighton Booster Club.
- Please clean up your own trash.
- Team scoring will include the top eight places in each event (10-8-6-5-4-3-2-1). Medals will be awarded to the top 2 and ribbons 3rd - 8th in each event. The top two male and female teams overall will receive Trophies.
- Meet results will be available on the CoMileSplit website.
- The entry fee is \$100 per team or \$200 for both boy's and girl's teams (\$170 if working an event) / OR \$20.00 per individual. Checks should be made out to Brighton High School. CHSAA contest contracts must be turned in prior to the meet.

Thanks for attending the 2016 Mercury Invite. Remember, entries are made via CoMilesplit, and the deadline **is Wednesday, March 30th at 11:59 a.m.** Feel free to contact me with any questions or concerns:

Meet Manager—Karen Smidt (BHS Head Coach) 303-655-4209 (school) / 303-621-4540 (cell)

Site Director—Todd Potestio (BHS Athletic Director) 303-655-4152