



**2022 NORTHGLENN NORSEMEN  
TRACK AND FIELD INVITATIONAL**  
*April 13th, 2022*

Coaches,

Thank you for your interest and registration in the 2022 Northglenn Norsemen Invite. All the information regarding the meet is explained below.

**Date:** Wednesday, April 13th, 2022

**Start Time:**

- Coaches Meeting: 2:30 pm (North Locker Room)
- Field Events - 3:00 pm (Weigh Ins from 2:00 to 2:45 for ALL field events)
- Track Events – 3:00 pm (Girls 800m Sprint Medley Relay)

**Venue:**

North Stadium-Adams 12 Five Star Schools (just east of Mountain Range HS)  
12500 Delaware Street Westminster 80234

**NOTE: ACCESS TO THE TRACK WILL BE THROUGH THE NORTH ENTRANCE ONLY!!**

**Fee:**

\$250 per school (includes boy's and girl's teams) or \$150 for a single gender team. Individual Athletes will be \$10.00 per athlete.

Please send payment to: Northglenn High School  
Attn: Kyla Strong  
601 W. 100th Pl.  
Northglenn, CO 80260

\*Please include the school name and event if possible.

**State Qualifying Meet:**

This is a CHSAA State Qualifying Meet. All National Federation High School (NFHS) and Colorado High School Athletic Association (CHSAA) Track and Field Rules apply.

**Coaches Meeting:**

A mandatory meeting for all Head Coaches will be held at **2:30 PM** in the Home Locker Room (north end of stadium).

**Clerk(s) of the Course:**

Athletes will need to check in for their event **at the north entrance**, where they will receive their hip number at least 15 minutes prior to their event. All field events will report to the field judge at the venue. **Hip numbers should be worn on BOTH the left and right hip.** The Clerk will put heats together and take them to the start line from the designated area on the infield. We will try to run ahead of schedule, so have your athletes listen to the calls by the announcer.

**Team Camps:**

Team camps are restricted to the following areas: east bleachers, and on the grass areas inside and outside of the fence on the north end of the stadium. **NO camps will be allowed in the West bleachers, on the infield or at Pole Vault areas.**

**Concessions:**

Concessions will be available on the west side of the stadium provided by Maui Wowi. Coaches and Officials will be provided food.

**Locker Rooms/Restrooms:**

Facilities will be provided at the north side of the stadium. One will be marked for the girls and one for the boys. Restrooms will also be available on the west and east sides of the stadium.

**Awards:**

Ribbons - 1st through 3rd Place

**Scoring:**

Team scores will be kept. Top 8 places will score (10-8-6-5-4-3-2-1). In the field events, the top 9 will move on to the finals. Awards will be given to the top 3 places.

**Restricted Areas:**

The track, football field, discus, and shot put sectors are restricted areas for coaches/ spectators (unless a coaches' box is provided.) These are areas where only competitors and meet officials are allowed. The area inside the fence at the shot put and discus venues are considered competition areas-please make sure that your athletes DO NOT have electronic devices.

**Field Events:**

In order to keep costs down, we are asking that schools run one gender of one field event. The field event assignments have been included below. All equipment needed to run the event will be provided. You will need to have enough people to effectively run the event.

**Finals Only:**

This meet has been designated as a FINALS ONLY MEET for running events. For LJ/TJ/Shot Put/Discus, competitors will have 3 trials, with the top 9 moving to finals.

**Warm-up Areas for Running Events:**

**The warm-up area for athletes will be the infield of the track and no earlier than 45 minutes prior to their event. Please DO NOT remove hurdles from their position on the track or side of track for warm-up as they have been placed on their proper marks for upcoming races.** There will be hurdles available on the infield for warm-up, and we ask that teams/athletes share those hurdles in their warm-up.

**Entries:**

NOTE: ENTRIES ARE PASSWORD PROTECTED: **The password is NGHS2022**. No spaces on the password. We are allowing teams 3 entries per individual event and 1 entry per relay. **Entries are due by MONDAY, APRIL 11th at 10 PM MST**. We will not allow changes after the deadline. There will be no substitutions or additions (only scratches) on the day of the meet.

**Spectator Admission to Event:**

Adults: \$6

Students/Senior Citizens: \$4

Children under 10: Free

### **Food/Drink in Competition Area:**

**No food or drink is allowed in the competition area.** Sunflower seeds/gum/Gatorade are the usual culprits. Each team has been provided with a large trash bag for their camp area.

### **Additional Information**

1. **3/16 inch or 1/8 inch spikes only.** Spike lengths will be checked at the check-in table. Spikes that do not meet the correct length will not be allowed. Please make sure your athletes have the correct length spike prior to the meet. No spikes are to be worn in the stands.
2. Running event participants need to report to the clerk of the course tent by 3<sup>rd</sup> and final call. Check in for events (hip numbers) will be at the tent next to the garage located on the north end of the track.
3. Robert Lopez, athletic trainer for Northglenn High School will be available before, during and after the meet. He will be located at the north end of the stadium and will arrive **by 2:00 PM**. We would ask that athletes needing to be taped bring their own supplies (**Ambulance/EMT Services will not be on site**)
4. Starting blocks will be provided, however each school must provide their own batons.
5. **Weigh-ins for Shot Put & Discus are required.** Weigh-ins will be located at the garage on the north side of the track, and will go from 2:00 PM to 2:45 PM. Weigh-ins for Pole Vault will be held at the pole vault venue. **WEIGH-INS FOR ALL FIELD EVENTS WILL END AT 2:45 PM** -any implements that do not meet competition standards will be impounded and returned at the end of the meet.

We look forward to seeing you!! Please do not hesitate to contact our Meet Manager, Molly Potter, if you have questions, her email is [molly.k.potter@adams12.org](mailto:molly.k.potter@adams12.org).

### **Field Event Assignments**

<b><u>Event</u></b>	<b><u>School</u></b>
Shot Put	Boys: Thornton Girls: Skyview
Discus	Boys: Horizon Girls: Adams City
High Jump	Boys: Mountain Range Girls: Niwot
Long Jump	Boys: Legacy & Longmont Girls: Summit & Brighton
Triple Jump	Boys: Golden View Girls: Denver West

### **Relay Exchange Zones**

- 800 M SMR
  - 1st: Horizon, Niwot
  - 2nd: Summit, Golden View
- 4x200M
  - 1st: Denver West, Brighton
- 4x100M
  - 1st: Thornton, Legacy
  - 2nd: Skyview, Longmont
  - 3rd: Mountain Range, Adams City

**Tentative Schedule of Events**  
**Norsemen Invitational**

**Track Events**

**2:30** Girls Sprint Medley  
Girls 4 x 800 Relay  
Boys 4 x 800 Relay  
Girls 100 M Hurdles  
Boys 110 M Hurdles  
Girls 100 M Dash  
Boys 100 M Dash  
Girls 4 x 200 Relay  
Boys 4 x 200 Relay  
Girls 1600 M Run  
Boys 1600 M Run  
Girls 4 x 100 Relay  
Boys 4 x 100 Relay  
Girls 400 M Dash  
Boys 400 M Dash  
Girls 300 M Hurdles  
Boys 300 M Hurdles  
Girls 800 M Run  
Boys 800 M Run  
Girls 200 M Dash  
Boys 200 M Dash  
Girls 3200 M Run  
Boys 3200 M Run  
Girls 4 x 400 Relay  
Boys 4 x 400 Relay

**Field Events**

**Starting at 2:30 PM:**

Girls Long Jump (North pit)  
Boys Triple Jump (South pit)  
Girls High Jump (South end)  
Boys Pole Vault (North end)  
Girls Shot Put  
Boys Discus

**Beginning Immediately**

**Following:**

Girls Triple Jump (South pit)  
Boys Long Jump (North pit)  
Boys High Jump  
Girls Pole Vault  
Boys Shot Put  
Girls Discus