# Randall Hess Invitational 2.0

ROOSEVELT
ROUGHRIDERS

## May 14th, 2022

Questions regarding the content of this packet should be directed to

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# Randall Hess 2.0 Invitational Details

**Pre-Qualifying:** CHSAA sanctioned state pre-qualifying meet.

**Games Committee:** Daniel Joiner, Abe Sauer, Bryan Horn, Colby Schultz

**Entry Fee:** **$225**

**Entry Deadline:** The deadline for entries will be **Friday, May 13th at 6:00 pm**
At this time Mile Split will close the entries online. This will be an absolute deadline for adding entries.

**Entry Limits:** No more than **3** entries in each individual event and **1** relay teams per relay event.

**Bus Parking:** Buses can park at Nelson Ballfields after athletes and coaches have been dropped off at the high school. The address is 671 Telep Ave, Johnstown, CO 80534 and is less than a mile from the high school.

**Camps and Warm Ups:** Teams can set up camp on the grass areas SURROUNDING the facility area on the north and west sides of the track. Please do not camp on the baseball outfield or infield. Warm ups can be done in the designated area of the infield and on the soccer practice field at the northwest corner of the RHS facility. **Field event warm up can only occur when the event area is designated as open.**

**Implement/Vault Weigh In:** Weigh in for implements will be at the south garage of the concession stand located at the north end of the track. We **WILL NOT** be collecting implements. Please be diligent in policing your athletes for the new throws implements rule. Athletes should keep their implements stationary when in their possession until they enter the ring for either warm up or competition.

Vaulters will also weigh in at the event location.

**Prelims/Finals:** All running events will be timed finals from slow-fast, girls-boys. Three attempts will be given in field events with the top 9 to finals.

**Coaches Meeting:** **10:30am** at the garage area north of the concessions stand.

**Concessions:** Full concessions will be available all evening.

**Admission:** **$5.00 flat fee**

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## Friday Time Schedule (Tentative – will adjust according to entries)

**Field Events:** (Prelims and Finals) (9 to Finals)

***STARTING HEIGHT FOR GIRLS HIGH JUMP WILL BE 4' 4" WITH 3" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY 1", 1.5", ETC.**

****STARTING HEIGHT FOR BOYS HIGH JUMP WILL BE 5' 4" WITH 3" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY 1", 1.5", ETC.**

*****STARTING HEIGHT FOR GIRLS POLE VAULT WILL BE 6' 8" WITH 6" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY DIFFERENT INCREMENTS.**

******STARTING HEIGHT FOR BOYS POLE VAULT WILL BE 7' 8" WITH 6" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY DIFFERENT INCREMENTS.**

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| 9:00am | Boys: | Shot Put **(35' min)**<br>Long Jump **(17' 6" min)**<br>Pole Vault | Girls: | Discus **(85' min)**<br>Triple Jump **(28' min)**<br>High Jump |
| 1:00pm | Boys: | Discus **(100' min)**<br>Triple Jump **(37' min)**<br>High Jump | Girls: | Shot Put **(25' min)**<br>Long Jump **(14' 6" min)**<br>Pole Vault |

**Running Events:**

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| 9:00am | Girls 3200 Meter Run |
| 9:15am | Boys 3200 Meter Run |
| 9:35am | Girls 800 Meter Medley |
| 9:45am | Girls 4 X 800 Meter Relay |
| 10:00am | Boys 4 X 800 Meter Relay |
| 10:15am | Girls 100 Meter Hurdles |
| 10:30am | Boys 110 Meter Hurdles |
| 10:45am | Girls 100 Meter Dash – Final |
| 11:10am | Boys 100 Meter Dash – Final |
| 11:30am | Girls 4X200 Meter Relay – Final |
| 11:40am | Boys 4X200 Meter Relay – Final |
| 11:55pm | Girls 1600 Meter Run – Final |
| 12:10pm | Boys 1600 Meter Run – Final |
| 12:25pm: | LUNCH BREAK |
| 12:55pm | Girls 4 x 100 Meter Relay – Final |
| 1:10pm | Boys 4 x 100 Meter Relay – Final |
| 1:25pm | Girls 400 Meter Dash – Final |
| 1:45pm | Boys 400 Meter Dash – Final |
| 2:05pm | Girls 300 Meter Hurdles – Final |
| 2:25pm | Boys 300 Meter Hurdles – Final |
| 2:45pm | Girls 800 Meter Run – Final |
| 3:00pm | Boys 800 Meter Run – Final |
| 3:15pm | Girls 200 Meter Dash – Final |
| 3:35pm | Boys 200 Meter Dash – Final |
| 3:55pm | Throwers Relay |
| 4:05pm | 2 heats - Girls 4 X 400 Meter Relay – Final |
| 4:20pm | 2 heats - Boys 4 X 400 Meter Relay – Final |