

# 3<sup>rd</sup> Annual Weld Central Early Season Invitational

## **General Information-**

**Where:** Weld Central High School-4715 CR 59 Keenesburg, Co

**When:** March 21, 2016 (Rescheduled Date)

This meet is a state qualifying event and is sanctioned by CHSAA. The track consists of 8 lanes and is made of red latex rubber. The Long/Triple/Pole Vault runways as well as the High Jump pads are also made of latex rubber. All competitor's shoes must use spikes of 3/16" or less. The Shot Put and Discus pads are made from cement and have a 34.92 degree sector. Starting blocks will be provided. All other equipment will need to be supplied by the competing schools. No locker rooms will be available for changing. Restrooms will be available in the athletic field house.

## **Parking-**

Buses can drop athletes off at the main gate. They must park in the northwest corner of the student parking lot.

## **Camps-**

Teams can set up their camps in the area south of the football field between the football field and the baseball field. Teams can also set up camps in the visitor stands. **NO CAMPS IN THE HOME STANDS, BASEBALL FIELD, SOFTBALL FIELD, OR SOCCER FIELD!!**

## **Warm-Up Area-**

There will be a designated warm-up area set up on the infield of the football field.

## **Staging Area-**

Athletes will stage for each event at the start of each event.

## **Scoring-**

Eight places will be scored (10-8-6-5-4-3-2-1) in all track events, field events, and relays.

## **Awards-**

We will give out meet t-shirts to all first place finishers in each event (JV events not included) and give out a 1<sup>st</sup> place team trophy for the top boys and girls team of the meet.

## **Entries-**

Each school will be limited to 3 entries in individual events and 1 entry in relay events. We will have JV relays running to help get your younger athletes involved. Athletes are limited to only 4 events, including relays. All running events will be contested as finals in heats against time. Field events will consist of 3 throws/jumps with the top 9 places advancing to finals.

## **Coaches Meeting-**

There will be a coaches meeting in the AUDITORIUM at 10:15. We will have refreshments for all coaches and meal tickets for the hospitality room. No additions will be allowed.

## **Rules-**

All National Federation and CHSAA rules will be enforced at this meet (including the uniform rule).

## **Entry Deadline-**

We will be utilizing the state entry system (milesplit) for entries. The entry deadline for this meet is 10:00PM on Friday March 18<sup>th</sup>.

## **Fees-**

Entry fee for this meet is \$125 per school. Please bring payment if you haven't already paid.

## **Additional information-**

**Each school will need to provide knowledgeable workers to work the field events.**

## EVENT SCHEDULE:

COACHES MEETING 10:15AM

IMPLEMENT WEIGH-INS-10:00AM

POLE VAULT WEIGH-INS-10:00AM

### ROUND 1 FIELD EVENTS BEGIN AT 11:00AM

#### BOYS:

SHOT PUT

LONG JUMP

POLE VAULT (6'6")

#### GIRLS:

DISCUS

TRIPLE JUMP

HIGH JUMP (4')

### ROUND 2 FIELD EVENTS BEGIN 30 MINUTES AFTER THE FINISH OF ROUND 1 EVENT.

#### BOYS:

DISCUS

TRIPLE JUMP

HIGH JUMP (4'8")

#### GIRLS:

SHOT PUT

LONG JUMP

POLE VAULT (5')

### THE TRACK SCHEDULE IS A RUNNING SCHEDULE

JV GIRLS 800M SPRINT MEDLEY RELAY

JV BOYS 800M SPRINT MEDLEY RELAY

GIRLS 800M SPRINT MEDLEY

GIRLS 4X800M RELAY

BOYS 4X800M RELAY

100M GIRLS HURDLES

110M BOYS HURDLES

GIRLS 100M DASH

BOYS 100M DASH

JV GIRLS 4X200M RELAY

JV BOYS 4X200M RELAY

GIRLS 4X200M RELAY

BOYS 4X200M RELAY

GIRLS 1600M RUN

BOYS 1600M RUN

JV GIRLS 4X100M RELAY

JV BOYS 4X100M RELAY

GIRLS 4X100M RELAY

BOYS 4X100M RELAY

GIRLS 400M DASH

BOYS 400M DASH

### BREAK-WE WILL HAVE A 30 MINUTE BREAK AFTER THE BOYS 400M

GIRLS 300M HURDLES

BOYS 300M HURDLES

GIRLS 800M RUN

BOYS 800M RUN

GIRLS 200M DASH

BOYS 200M DASH

GIRLS 3200M RUN

BOYS 3200M RUN

JV GIRLS 4X400M RELAY

JV BOYS 4X400M RELAY

GIRLS 4X400M RELAY

BOYS 4X400M RELAY

