

Prelims Thursday April 30

2:15pm Weight Ins – Boys Shot, Girls Disc, Girls Pole Vault – Weigh Ins will be at the event.

2:30pm Coaches Meeting

TRACK EVENTS

3:00 4x800 Relay Final 1 heat boys, 1 heat girls
100m Hurdles Prelims 4 heats girls, 4 heats boys (Maximum)
110m Hurdles Prelims 4 heats girls, 4 heats boys (Maximum)
100m Dash Prelims 4 heats girls, 4 heats boys (Maximum)
400m Dash Prelims 4 heats girls, 4 heats boys (Maximum)
45min break before 3200 meter run
3200m Run final, 1 heat girls, 1 heat boys
300m Hurdles Prelims 4 heats girls, 4 heats boys (Maximum)
200m Dash Prelims 4 heats girls, 4 heats boys (Maximum)

FIELD EVENTS

3:00 Girls Pole Vault Prelim & 8 to Final
Boys High Jump Prelim & 8 to Final
Boys Long Jump Prelim & 8 to Final
Girls Triple Jump Prelim & 8 to Final
Girls Discus Prelim & 8 to Final
Boys Shot Prelim & 8 to Final

Worker Assignments For Thursday

Hinkley Pole Vault
Adams City High Jump
Prairie View Long Jump
Brighton Triple Jump
Aurora Central Discus
Thornton Shot Put
Northglenn Wind Gauge Sprints
Westminster Wind Gauge Long Jump
Gateway Wind Gauge Triple Jump
Rangeview Hurdle Crew and Thrower Marks/Shag

FINALS Saturday May 2

8:15am Weight Ins – Boys Shot, Girls Disc, Girls Pole Vault – Weigh Ins will be at the event.

8:30am Coaches Meeting

TRACK EVENTS

9:00am Sprint Medley Relay (1-1-2-4) Girls only

100m Hurdles Final 1 Heat

110m Hurdles Final 1 Heat

100m Dash Final Girls 1 Heat

100m Dash Final Boys 1 Heat

4x200m Relay Girls 2 Heats

4x200m Relay Boys 2 Heats

1600m Girls 2 Heats Max

1600m Boys 2 Heats Max

4x100m Relay Girls 2 Heats

4x100m Relay Boys 2 Heats

400m Dash Girls Finals 1 Heat

400m Dash Boys Finals 1 Heat

300m Hurdles Girls Finals 1 Heat

300m Hurdles Boys Finals 1 Heat

20 min break

800m Run Girls Finals 2 Heats Max

800m Run Boys Finals 2 Heats Max

200m Dash Girls Finals 2 Heats

200m Dash Boys Finals 2 Heats

4x400m Relay Girls Finals 2 Heats

4x400m Relay Boys Finals 2 Heats

FIELD EVENTS

9:00am Boys Pole Vault Prelim & 8 to Final

Girls High Jump Prelim & 8 to Final

Girls Long Jump Prelim & 8 to Final

Boys Triple Jump Prelim & 8 to Final

Boys Discus Prelim & 8 to Final

Girls Shot Prelim & 8 to Final

Worker Assignments For Saturday

Hinkley Pole Vault

Adams City High Jump

Prairie View Long Jump

Brighton Triple Jump

Aurora Central Discus

Thornton Shot Put

Northglenn Wind Gauge Sprints

Westminster Wind Gauge Long Jump

Gateway Wind Gauge Triple Jump

Rangeview Hurdle Crew and Thrower Marks/Shag

Sprint Medley Exchange 1 In Northglenn, Out Westminster;
Exchange 2 In Gateway, Out Rangeview

4x200M Relay Exchange 1 and 3 In Northglenn, Out Westminster
Exchange 2 In Gateway, Out Rangeview
4x100M Relay Exchange 1 In Northglenn, Out Westminster
Exchange 2 In Gateway, Out Rangeview
Exchange 3 In Hinkley, Out Thornton