

Field Events begin at 9 a.m. with

Girls Discus, Boys Shot Put

Girls Triple Jump, Boys Long Jump, Girls High Jump

Immediately followed by: Girls Shot Put, Boys Discus, Boys Triple Jump,  
Girls Long Jump, & Boys High Jump

Running events begin at 9:30 a.m.

G Sprint Medley Relay

G 4x800 Relay

B 4x800 Relay

G 100 Intermediate Hurdles

B 110 High Hurdles

G 100 Dash

B 100 Dash

G 4x200 Relay

B 4x200 Relay

G 1600 Run

B 1600 Run

Break?

G 4x100 Relay

B 4x100 Relay

G 400 Dash

B 400 Dash

G 300 Low Hurdles

B 300 Intermediate Hurdles

G 800 Run

B 800 Run

G 200 Dash

B 200 Dash

G 3200 Run

B 3200 Run

G 4x400 Relay

B 4x400 Relay

## ***Holy Family Last Chance Track Meet 2019***

- Where:** Holy Family High School – 5195 West 144<sup>th</sup> Avenue, Broomfield, CO 80023
- When:** Saturday, May 11<sup>th</sup>, 2019. Field events will begin at 9:00; running events at 9:30. There will be a coaches meeting at 8:45 on the finish line. Packets will be emailed Friday evening. Shot and disc weigh-in will be in the cafeteria starting at 8:00.
- Pre-Qualifying:** This is a sanctioned state pre-qualifying meet. All National Federation and CHSAA rules will be enforced, including uniform rules and regulations.
- Entries:** Five entries in each individual event and two entries in each relay event per school. Register on-line at [co.milesplit.com](http://co.milesplit.com). Final changes must be made before 11:00 pm on Thursday, May 9<sup>th</sup>.
- Entry Fee:** \$250.00 is to be paid no later than May 4<sup>th</sup>.
- Prelims:** All running events will be finals with heats against time. There will be preliminaries that consist of three attempts in the Long Jump, Triple Jump, Shot Put, and Discus. The top nine finishers in the prelims of the field events will advance to the finals for three more attempts.
- Scoring:** Eight places will be scored in all events (10-8-6-5-4-3-2-1).
- Schools:**
- Facilities:** Competitors will be required to use 1/8<sup>th</sup> inch spikes or shorter. Starting blocks are provided. Restrooms will be available in the concession stand and in the high school just south of the stadium.
- Bus Parking:** Bus parking will be in the dirt field directly east of the student parking lot. Please do not park busses in the school lot or along the street.
- Camps:** Camps will be located to the west and to the south of the track. Athletes will be allowed on the infield once their event is called.
- Gate Admission:** Adult - \$6.00, Student - \$5.00