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| **SPORT:**  **Track & Field** | Tiger Invite  Grand Junction CO | COMPETITION DATE: | Friday, May 3  & Saturday, May 4 |
| **OPPONENTS:** | Brighton, Crested Butte, Delta, Durango, Eagle Valley, Fruita, Grand Junction, Hayden, Horizon, Mancos, Moffat, Montrose, Rangely, Basalt, Central GJ, Montezuma-Cortez, Palisade, Rifle, Telluride   |  | | --- | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | TIME:  Friday 2:00 p.m.  Saturday 8:30 a.m. |  |
| **Departure from BHS Track west gate:** | Date: Friday, May 3 | Time: 7:15 a.m. | |
| **Arrival (Grand Junction):** | Date: | Time: 12:00 p.m. (after stopping for lunch) | |
| **Departure:** | Saturday at Conclusion of Meet Appx: 2 p.m. |  | |
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| **MODE OF TRANSPORTATION:** | | | | | |
| Chevy Suburbans—9 passenger | 1. Smidt | 1. Stahl | 1. Haggerty | 1. Polliard |

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| **Time Schedule:***(Include all information from departure to arrival in Grand Junction, scheduled stops, practices, meals.* |
| 7:15 a.m. Depart Brighton 11:00. Stop for lunch in Glenwood Springs? |
| 12:30 p.m. Arrive at TRACK: Lincoln Park Stocker Stadium. 1340 Gunnison Ave, Grand Junction, CO 81501  <http://mobileproductionpro.com/display_contact.php?c=Nwj> map to meet |
| 2:00 p.m. Track meet starts. |
| 5:30 p.m. Check in to Hotel Clarion Inn (CO240) 755 Horizon Drive Grand Junction, CO 81506 |
| 6:30 p.m. Go to dinner at either Nickn’Willies Pizza or Applebees |
| 10:00 p.m. Lights out at hotel |
| 6:45 a.m. Breakfast |
| 7:30 a.m. Leave for Track / 8:00 a.m. Warm ups / 9:00 a.m. Meet starts |
| Appx 2:00 p.m. Depart for Glenwood Springs Pool |
| 8:00 p.m. Arrive at BHS Track |

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| Overnight Accommodations: | | | Clarion Inn (CO240) 755 Horizon Drive  Grand Junction, CO 81506 970-243-6790 | | | | |
| **Room 1** | Coach Smidt, Coach Haggerty | | | | |
| **Room 2** | Coach Stahl & Mr. Polliard | | | | |
| **Room 3** | Coach Powell | | | | |
| **Room 4** | Kevin, Nevada, Isley | | | | |
| **Room 5** | Vince, Thomas, Zach, Erick C., | | | | |
| **Room 6** | Andy, Mauricio, Ray, Jon M | | | | |
| **Room 7** | Emilio, Dante, Dan, Christian | | | | |
| **Room 8** | Dez, Katie, Kennedy, Abrelia | | | | |
| **Room 9** | Ashley, Leo, Aby, Rachael | | | | |
| **Room 10** | Elayna, Jordyn, Alicia, Hannah | | | | |
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| **TRAVEL ROSTER:***(Include coaches, student-athletes, and drivers).* | | | | | | | |
| Coach Stahl 303-910-3476 | | | | | Coach Karen Smidt 303-621-4540 | | |
| Jeff. Polliard | | | | | Coach Shalonda Haggerty 214-478-7479 | | |
|  | | | | | Coach Vicki Powell 303-588-6105 | | |
| |  | | --- | | **Baca, Ray** | | Case, Erick | | **Donlucas, Erick** | | Hoppe-Zenteno, Emilio | | Keefe, Thomas | | Lloyd, Christian | | Lopez, Kevin | | Macaranas, Vince | | Macias, Mauricio | | Martinez, Dante | | Martinez, Jonathan | | Martinez, Juan | | Mordecai, Andy | | Mordecai, Dan | | Polliard, Zach | | Siemering, Nevada | | **Smith, Tony** | | Wilson, Isley | | | | | | |  | | --- | | **DeFeo, Beth** | | Cruz, Elayna | | Mercure, Ashley | | McCarver, Kennedy | | **Hansen, Kailey** | | Smela, Hannah | | Lopez, Rachael | | Montoya, Alicia | | Cox, Jordynn | | Solano, Leo | | Garcia, Abrelia | | **Green, Kaila** | | Smidt, Aby | | Krieger, Katie | | Lipsett, Dez | | **Gomez, Kiana** | | **Santos, Angelica** | | | |
| Kiana: Parents Driving /rooming with Parents | | | | | | |
| Mr. Polliard: Dad Driving suburban / rooming with Stahl | | | | | | |
| Erick D.: Parents Driving / rooming with Parents | | | | | | |
| Tony S.: Parents Driving / rooming with Parents | | | | | | |
| Beth: Parents Driving / rooming with Parents | | | | | | |
| Ray: Parents Driving / rooming with Parents | | | | | | |
| Kaila: Mom Driving / share room with Kailey & Kaila | | | | | | |
| Angelica: Driving with Aunt / Room with aunt | | | | |  | |

**WHAT NOT TO BRING**:

Large suitcase

Stuffed animals

Large Pillows

Excessive textbooks

Valuables

**WHAT TO BRING:**

Uniform & Shoes

Swimsuit

Toiletries

Change of clothes for 2 days

Towel

Snacks

Money for lunch x2 / dinner x2, $13.25 for Glenwood Springs Pool.

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| **Throws** |  |  |  |  |
| **MALE EVENT** | |  |  |  |
|  | **Shot** | **Discus** |  |  |
| Kevin |  |  |  |  |
| Nevada |  |  |  |  |
|  |  |  |  |  |
| **Jumps** |  |  |  |  |
| **MALE EVENT** | |  |  |  |
|  | **High** | **Long** | **Triple** |  |
| Thomas |  |  |  |  |
| Isley |  |  |  |  |
| Zach |  |  |  |  |
|  |  |  |  |  |
| **MALE EVENT** | |  |  |  |
|  | **110h** | **300h** |  |  |
| Isley |  |  |  |  |
| Zach |  |  |  |  |
|  |  |  |  |  |
| **Sprints** |  |  |  |  |
| **MALE EVENTS** | |  |  |  |
|  | **4x100** | **4x200** | **4x400** | **OPEN** |
| Erick D | 4 | 4 | 1 |  |
| Andy | 2 | 2 | 3 |  |
| Tony S | 1 |  |  | 200 |
| Vince M | ALT | ALT |  | 100 |
| Erick C |  | 3 | 4 | 400 |
| Jon M | 3 |  |  | 100 |
| Mauricio |  |  | 2 | 400 |
| Ray |  | 1 | ALT | 200 |
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|  |  |  |  |  |
| **Distance** |  |  |  |  |
| **MALE EVENTS** | |  |  |  |
|  | **800** | **1600** | **3200** | **4x800** |
| Dan | 2:14.25 | 5:05.26 | 11:18.68 | 1 |
| Dante | 2:14.55 | 5:20.56 | 12:10.19 | 4 |
| Christian | 2:16.41 | 5:23.69 |  | 2 |
| Emilio | 2:19.98 | 4:58.37 | 11:00.68 | 3 |
| Juan |  |  | 11:47.00 | ALT |
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|  | **Distance** |  |  |  |  |  | **Throws** |  |  |  |
|  | **FEMALE EVENTS** | |  |  |  |  | **FEMALE EVENT** | |  |  |
|  |  | **800** | **1600** | **3200** | **4x800** |  |  | **Shot** | **Discus** |  |
|  | Rachael \* |  |  |  | 4 |  | Dez |  |  |  |
|  | Kaila |  |  |  | 2 |  | Katie |  |  |  |
|  | Leo |  |  |  | 3 |  | Kennedy |  |  |  |
|  | Aby \* |  |  |  | 1 |  |  |  |  |  |
|  | Ashley |  |  |  | ALT |  | **Jumps** |  |  |  |
|  | Kailey |  |  |  |  |  | **FEMALE EVENT** | |  |  |
|  |  |  |  |  |  |  |  | **High** | **Long** | **Triple** |
| **Sprints** |  |  |  |  |  |  | *Kiana\** |  |  |  |
| **FEMALE EVENTS** | |  |  |  |  |  | Angelica\* |  |  |  |
|  | **4x100** | **4x200** | **4x400** | **SM** | **OPEN** |  |  |  |  |  |
| Beth |  |  | 1 | 3 | 200 |  | **Hurdles** |  |  |  |
| Elayna | 4 |  | 2 |  | 400 |  | **FEMALE EVENT** | |  |  |
| Alicia | 2 |  |  |  | 100, 400 |  |  | **100h** | **300h** |  |
| Jordyn Cox | 1 |  |  | 2 |  |  | Kiana\* |  |  |  |
| Hannah | ALT | ALT | ALT |  | 100 |  | *Angelica\** |  |  |  |
| Abrelia | 3 |  |  | ALT | 200 |  | *Ashley?\** |  |  |  |
| *Kiana\** |  |  |  | 1 |  |  |  |  |  |  |
| *Aby\** |  |  | 3 |  |  |  |  |  |  |  |
| *Rachael\** |  |  | 4 | 4 |  |  |  | |  |  |

**MEET SCHEDULE AND INFORMATION**

Shot put and discus will be flighted from entry marks reported with the top eight placing. There will be 3 preliminary throws with the top 9 throwers advancing to the final round, receiving 3 more throws.

Long and Triple jumpers will also be flighted with 3 preliminary jumps with the top 9 jumpers advancing to the final round, receiving 3 more jumps. There will be minimum distances to earn a measure. If an athlete has not thrown or jumped the minimum distance, their last attempt may be measured.

All field events will be three throws and jumps with top 9 going to finals. High Jump will be run as a 5 alive format. There will be NO adds or changes at the events, only scratches. Courtesy marks will not be required, but may be given at the discretion of the event judge.

Suggested minimum marks are as follows, but may be adjusted by the event judge, and head field judge should weather and level of competition dictate.

Event Girls Boys

Long Jump 14’ 18’

Triple Jump 30’ 37’

High Jump 4-6 5-4

Shot Put 28’ 38’

Discus 85’ 110’

**SEEDING FROM PRELIMS TO FINALS:**

When forming heats for running events:  All entrants shall be placed into heats in order of their places of finish and then times.  In all final running events, heat winners receive first preference for lane assignments based on place first and then times.

A.   5 Heats           First place finisher in each heat and next three fastest times from any heat

B.     4 Heats           Top two place finishers in each heat

C.     3 Heats           Top two place finishers in each heat, plus next two fastest times from any heat

D.     2 Heats           Top three place finishers from each heat, plus next two fastest times from any heat

**SPECTATORS & ATHLETES**

* contestants are to enter the track at the SOUTH gate on the EAST straight
* warm-up on the WEST side of the field
* do not cross runways or jump pits
* EXIT at the SOUTH gate after competing.
* only 1/4" spikes will be allowed on the track
* NON-COMPETITORS will not be allowed on the infield; coaches, fans, and those athletes not warming up must remain in the stands.
* Coaches please make sure that you have emphasized the jewelry, and uniform rules with you team.
* C**ell phones and electronic devices** are not allowed on the infield. Picture taking during competition and showing athletes as they participate is illegal and grounds for immediate disqualification.

**TIGER INVITATIONAL**

**FRIDAY**

**1:30 Coaches Meeting**

**Friday Field Events 2:00**

Boys High Jump

Girls Triple Jump: North Pit, 3 jumps, 9 to finals

Boys Long Jump: South Pit, 3 jumps, 9 to finals

Girls Shot Put: 3 throws, 9 to finals

Boys Discus: 3 throws, 9 to finals

**Friday Running Events**

|  |  |  |
| --- | --- | --- |
| 2:30 | Girls 100m Hurdles | Prelm |
|  | Boys 110m Hurdles | Prelm |
|  | Girls 100m Dash | Prelm |
|  | Boys 100m Dash | Prelm |
|  | Girls 3200m Relay | Final |
|  | Boys 3200m Relay | Final |
|  | Girls 400m Dash | Prelm |
|  | Boys 400m Dash | Prelm |
|  | Girls 300m Hurdles | Prelm |
|  | Boys 300m Hurdles | Prelm |
|  | Girls 3200m Run | Final |
|  | Boys 3200m Run | Final |
|  | Girls 200m Dash | Prelm |
|  | Boys 200m Dash | Prelm |

**We will follow a rolling time schedule**

**SATURDAY**

**8:00 Coaches Meeting**

**Saturday Field Events 8:30**

Girls High Jump

Boys Triple Jump: North Pit, 3 jumps, 9 to finals

Girls Long Jump: South Pit, 3 jumps, 9 to finals

Boys Shot Put: 3 throws, 9 to finals

Girls Discus: 3 throws, 9 to finals

**Saturday Running Events**

|  |  |  |
| --- | --- | --- |
| 9:00 | Girls 800m Medley Relay | Final |
|  | Girls 100m Hurdles | Final |
|  | Boys 110m Hurdles | Final |
|  | Girls 100m Dash | Final |
|  | Boys 100m Dash | Final |
|  | Girls 800m Relay | Final |
|  | Boys 800m Relay | Final |
|  | Girls 1600m Run | Final |
|  | Boys 1600m Run | Final |
|  | Girls 400m Relay | Final |
|  | Boys 400m Relay | Final |
|  | Girls 400m Dash | Final |
|  | Boys 400m Dash | Final |
|  | Girls 300m Hurdles | Final |
|  | Boys 300m Hurdles | Final |
|  | Girls 800m Run | Final |
|  | Boys 800m Run | Final |
|  | Girls 200m Dash | Final |
|  | Boys 200m Dash | Final |
|  | Girls 1600m Relay | Final |
|  | Boys 1600m Relay | Final |