

2019 St. Vrain Inv. Saturday, May 11th

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|--------------|---|----------------|----------|---|----------------------------------|---------------------|
| 8:15 | Coaches' Meeting | | | 8:00 | PV Check & Weigh In | All Vaulters |
| 9:00 | Girls 3200 Meter Run | all | | 8:00 | Shot/Discus Weigh In | All Throwers |
| 9:15 | Boys 3200 Meter Run - Fast | < 10:30 | | | | |
| 9:30 | National Anthem | # of heats | | LJ, TJ, SP, Discus: 3 attempts, then top 9 to finals | | |
| 9:35 | Girls 1600 Meter Run | 4 | | 8:30 | Boys Pole Vault | |
| 10:10 | Saucony Runners Roost Elite Women's Mile | | Flight 1 | | 11-1, then 6" | (12' 4" and up) |
| 10:20 | Boys 1600 Meter Run | 4 | | Flight 2 | 8-1, 9-1, then 6" | |
| 10:55 | Saucony Runners Roost Elite Men's Mile | | | 8:30 | Boys Triple Jump | |
| 11:05 | Girls 4x200 Meter Relay | 5 | | min 37' | measuring over 39' | |
| 11:30 | Boys 4x200 Meter Relay | 4 | | 8:30 | Boys Discus | |
| 11:50 | Girls 100 Meter Hurdles | 8 | | min 110' | measuring over 110' first flight | |
| 12:10 | Boys 110 Meter Hurdles | 8 | | | measuring over 120' for rest | |
| 12:30 | Girls 3200 Relay | 2 heats | | 8:30 | Girls Long Jump | |
| 12:55 | Morning Field Event Awards | | | min 14' | measuring over 14' 6" | |
| 1:05 | Boys 3200 Relay | 2 heats | | 8:45 | Girls Shot Put | |
| 1:30 | Girls 100 Meter Dash | 9 | | min 29' | measuring over 30' | |
| 1:55 | Boys 100 Meter Dash | 10 | | 9:00 | Girls High Jump | |
| 2:20 | Big O Tire Coach 100 | 3 | | min 4'6" | 4'6", 4'8", 4'9.5", then 1" | |
| 2:30 | Unified/Paralympic 100 | Prelims | | | | |
| 2:40 | Girls 400 Meter Dash | 7 | | | | |
| 2:55 | Boys 400 Meter Dash | 9 | | | | |
| 3:00 | Special Event: ATB Elite PV | | | 11:30 | Boys High Jump | |
| 3:20 | Girls 800 Meter Run | 4 | | min 5'6" | 5'6", 5'8", 5'9.5", then 1" | |
| 3:40 | Boys 800 Meter Run | 5 | | 12:00 | Boys Shot Put | |
| 4:00 | Afternoon Field Event Awards | | | min 38' | measuring over 39' | |
| 4:10 | Girls 300 Meter Hurdles | 8 | | 12:30 | Boys Long Jump | |
| 4:30 | Boys 300 Meter Hurdles | 8 | | min 18'6" | measuring over 19' | |
| 4:55 | Girls 800 Medley Relay | 4 | | | | |
| 5:15 | Big O Tire Coach 100 | Final | | 11:30 | Girls Pole Vault | |
| 5:20 | Boys 4x100 Meter Relay | 5 | | Flight 1 | 8-1, then 6" | (9' 3" and up) |
| 5:40 | Girls 4x100 Meter Relay | 4 | | Flight 2 | 6-1, 7-1, then 6" | |
| 5:55 | Girls 200 Meter Dash | 8 | | 12:30 | Girls Discus | |
| 6:15 | Boys 200 Meter Dash | 10 | | min 90' | measuring over 90' | |
| 6:35 | Boys 3200 Meter Run | Heat 2 | | 12:30 | Girls Triple Jump | |
| | Murray Kula Memorial 1600 Relays | | | min 30' | measuring over 30' | |
| 6:50 | Girls 4x400 Meter Relay | 4 | | | | |
| 7:10 | Boys 4x400 Meter Relay | 5 | | | | |