

## 2019 St. Vrain Inv. Saturday, May 11th

<b>8:15</b>	Coaches' Meeting	Max #		<b>8:00</b>	PV Check & Weigh In	<b>All Vaulters</b>
<b>9:00</b>	Girls 3200 Meter Run - Fast	Max 30		<b>8:00</b>	Shot/Discus Weigh In	<b>All Throwers</b>
<b>9:15</b>	Boys 3200 Meter Run - Fast	Max 30				
<b>9:30</b>	<b>National Anthem</b>			<i>LJ, TJ, SP, Discus: 3 attempts, then top 9 to finals</i>		
<b>9:35</b>	Girls 1600 Meter Run	4/5 heats		<b>8:30</b>	Boys Pole Vault	Max 50
<b>10:10</b>	<b>Saucony Runners Roost Elite Women's Mile</b>		Flight 1		Progressions TBD	
<b>10:20</b>	Boys 1600 Meter Run	4/5 heats	Flight 2		Progressions TBD	
<b>11:00</b>	<b>Saucony Runners Roost Elite Men's Mile</b>			<b>8:30</b>	Boys Triple Jump	Max 40
<b>11:05</b>	Girls 4x200 Meter Relay	6 heats	min 37'		measuring over 38'	
<b>11:25</b>	Boys 4x200 Meter Relay	6 heats		<b>8:30</b>	Boys Discus	Max 40
<b>11:50</b>	Girls 100 Meter Hurdles	11 heats	min 110'		measuring over 120'	
<b>12:10</b>	Boys 110 Meter Hurdles	11 heats				
<b>12:30</b>	Girls 3200 Relay	2 heats		<b>8:30</b>	Girls Long Jump	Max 40
<b>12:55</b>	<b>Morning Field Event Awards</b>		min 14'		measuring over 14' 6"	
<b>1:05</b>	Boys 3200 Relay	2 heats		<b>8:45</b>	Girls Shot Put	Max 50
<b>1:35</b>	Girls 100 Meter Dash	11 heats	min 29'		measuring over 30'	
<b>1:55</b>	Boys 100 Meter Dash	11 heats		<b>9:00</b>	Girls High Jump	Max 40
<b>2:20</b>	<b>Big O Tire Coach 100</b>	2/3 heats	min 4'6"		4'6", 4'8", 4'9.5", then 1"	
<b>2:30</b>	<b>Unified/Paralympic 100</b>	<b>Prelims</b>				
<b>2:40</b>	Girls 400 Meter Dash	11 heats				
<b>3:00</b>	Boys 400 Meter Dash	11 heats				
<b>3:00</b>	<b>Special Event: ATB Elite PV</b>			<b>11:30</b>	Boys High Jump	Max 40
<b>3:20</b>	Girls 800 Meter Run	6 heats	min 5'6"		5'6", 5'8", 5'9.5", then 1"	
<b>3:55</b>	Boys 800 Meter Run	6 heats		<b>12:00</b>	Boys Shot Put	Max 50
<b>4:25</b>	<b>Afternoon Field Event Awards</b>		min 38'		measuring over 39'	
<b>4:35</b>	Girls 300 Meter Hurdles	11 heats		<b>12:30</b>	Boys Long Jump	Max 40
<b>4:55</b>	Boys 300 Meter Hurdles	11 heats	min 18'6"		measuring over 19'	
<b>5:15</b>	Girls 800 Medley Relay	6 heats				
<b>5:30</b>	<b>Big O Tire Coach 100</b>	<b>Final</b>		<b>11:30</b>	Girls Pole Vault	Max 50
<b>5:40</b>	Boys 4x100 Meter Relay	6 heats	Flight 1		Progressions TBD	
<b>6:00</b>	Girls 4x100 Meter Relay	6 heats	Flight 2		Progressions TBD	
<b>6:20</b>	Girls 200 Meter Dash	11 heats		<b>12:30</b>	Girls Discus	Max 40
<b>6:40</b>	Boys 200 Meter Dash	11 heats	min 90'		measuring over 95'	
<b>7:05</b>	Boys 3200 Meter Run	Heat 2		<b>12:30</b>	Girls Triple Jump	Max 40
	<b>Murray Kula Memorial 1600 Relays</b>		min 30'		measuring over 30'	
<b>7:20</b>	Girls 4x400 Meter Relay	6 heats				
<b>7:40</b>	Boys 4x400 Meter Relay	6 heats				