

# PATRIOT LEAGUE

## TRACK AND FIELD CHAMPIONSHIPS

### May 4<sup>th</sup>, 2019; 9:30 AM

**Date:** Saturday, May 4<sup>TH</sup>, 2019

**Admission:** Adults - \$6.00, Students/Sr. Citizens - \$5.00 - Patriot league and CHSAA passes will be accepted.

**Times:**

- 8:30 a.m.** Track opens for teams and participants
- 9:00 a.m.** **Coaches Meeting** at the track shed on the North end of the football field.
- 9:00 a.m.** Weigh-ins begin at the table by the throwing rings.
- 9:30 a.m.** Field events begin
- 10:00 a.m.** Running events begin

- This will be a **State Qualifying meet**. We will weigh and certify all implements and vaulters. Starting heights will be determined by the games committee at the meet.
- The meet will be held at Sterling High School. The track is an eight-lane, all-weather track. The jumping events have all-weather surfaces and the throwing events have cement rings. The pole vault runway is concrete with a rubber mat. Spikes must be 3/16 inch or less on the all-weather surfaces. Longer spikes will lead to disqualification.
- Teams will not be allowed to camp in the infield. Teams may camp underneath the bleachers and to the South of the discus area. Team tents are only allowed on top row of bleachers. The infield must remain clear of all spectators. There will be a designated warm-up area on the football field; only athletes that are actively warming up can be in this area.
- Ribbons will be awarded to the top eight finishers. First and second place individuals and relays are designated All-Conference. Third place finishers are All-Conference honorable mention. Plaques will be awarded to the league champions.
- **ENTRIES:** Entries will be submitted online using [co.milesplit.com](http://co.milesplit.com). Each school will be permitted four entrants per individual event, unless additional individuals are ranked in the top 25 in the state according to Max Preps rankings. Any athletes above the limit must be submitted via email to [atkinl@re1valleyschools.com](mailto:atkinl@re1valleyschools.com). Only three entrants will be used for official scoring. The meet code is: **Patriot2019**
- **Entries will close on Friday, May 3rd at 7:00 pm. No additions or substitutions (except relays) can be made after the entries close, only scratches will be allowed at the coaches' meeting.**
- There will be NO preliminary heats as determined by the Patriot League. All races will be run in heats against time, slowest heats first. Lane assignments will be seeded by time, from fastest to slowest, lanes 4, 5, 6, 3, 2, 7, 8, and 1 (as adopted by the state association for the State track meet).
- Athletes will be required to wear a hip number. Only the 4<sup>th</sup> runner will be required to wear a hip number in relays.
- The 2019 Track and Field rulebook published by the NFSHSA and the 2019 CHSAA Bulletin will be the resource for rules interpretations.
- In the event of an emergency (tornado, etc.) we will open the SHS gymnasium to athletes until the emergency passes.
- **Concessions will be available. There will be a hospitality room for coaches and workers only.**
- Questions, contact Lori Atkin 970-520-0512(C); or Jeff Squier 970-466-5355.



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#### 9:00 a.m. Coaches Meeting

##### Field Events:

- A field event competitor may not check out for a running event until the second call has been made. The competitor must return to the event within 10 minutes of the conclusion of the running event. This is critical in the pole vault and high jump to keep the event moving in a timely manner.
- Long jump, Triple jump, Discus, and Shot Put will allow three (3) trials per competitor in the prelims. The top ten (10) will qualify for the finals. (If there is a tie for the 10<sup>th</sup> position, all athletes involved in the tie will advance to the finals.) Finals will consist of three (3) additional attempts. Preliminary marks carry through for final placing. Preliminary marks carry through for final placing.
- Pole Vault and High Jump will follow normal rules.

#### 9:30 a.m. Morning field events

**Girls:** High Jump (Start Height TBD), Triple Jump, Discus

**BOYS:** LONG JUMP, SHOT PUT, POLE VAULT (Start Height TBD)

**10:00 a.m. 800m Medley .....Girls**

**10:08 a.m. 3200m Relay .....Girls**

10:23 a.m. 3200M RELAY .....BOYS

**10:35 a.m. 100m Hurdles.....Girls**

10:40 a.m. 110M HURDLES .....BOYS

**10:45 a.m. 100m Dash .....Girls**

10:55 a.m. 100M DASH finals .....BOYS

**11:05 a.m. 4 x 200m Relay ..... Girls**

11:12 a.m. 4 x 200M RELAY ..... BOYS

**11:20 a.m. 1600m Run..... Girls**

11:20 a.m. 1600M RUN ..... BOYS

#### 11:45-12:15 p.m. LUNCH BREAK (Coaches/Workers hospitality)

#### 12:15 p.m. Afternoon field events

**Girls:** Long Jump, Shot put, Pole vault (Start Height TBD)

**BOYS:** HIGH JUMP (Start Height TBD), TRIPLE JUMP, DISCUS

**12:15 p.m. 4 x 100m Relay ..... Girls**

12:20 p.m. 4 x 100M RELAY ..... BOYS

**12:25 p.m. 400m Dash..... Girls**

12:35 p.m. 400M DASH..... BOYS

**12:45 p.m. 300m hurdles..... Girls**

12:50 p.m. 300M HURDLES..... BOYS

**1:00 p.m. 800m Run..... Girls**

1:15 p.m. 800M RUN ..... BOYS

**1:30 p.m. 200m Dash..... Girls**

2:45 p.m. 200M DASH..... BOYS

**1:55 p.m. 3200m Run..... Girls**

2:10 p.m. 3200M RUN ..... BOYS

**2:25 p.m. 4 x 400m Relay ..... Girls**

2:35 p.m. 4 x 400M RELAY ..... BOYS

2:45 p.m. **FINAL RESULTS** TEAM AWARDS PRESENTATION



# **PATRIOT LEAGUE TRACK AND FIELD CHAMPIONSHIPS May 4<sup>th</sup>, 2019; 9:30 AM**

## **Tentative Worker Assignments**

**Meet Director:** Tom Hessler and Jeff Squier  
**Officials:** TBA  
**Clerk of Course:** Kendra and Doug Short  
**Timing:** Travis Stiner  
**Weigh-in Judges:** TBA  
**Games Committee/Appeals:** Designated administrators in attendance

## **Field Events:**

**High Jump:** **Frontier Academy/RCS (two workers each school)**

Clipboard, tape measure, pencils will be located at the event. Please return results to the finish line with top eight finishers designated (break ties).

**Long Jump:** **Strasburg & University (three workers each school)**

Clipboard, tape measure, pencils will be located at the event. Please return results to the finish line with top eight finishers designated (break ties).

**Triple Jump:** **Estes Park & Valley (three workers each school)**

Clipboard, tape measure, pencils will be located at the event. Please return results to the finish line with top eight finishers designated (break ties).

**Shot Put:** **Eaton & Liberty Common (two workers each school)**

Clipboard, tape measure, pencils will be located at the event. Please return results to the finish line with top eight finishers designated (break ties).

**Discus:** **Brush (three workers each school)**

Clipboard, tape measure, pencils will be located at the event. Please return results to the finish line with top eight finishers designated (break ties).

**Pole Vault:** **University (three workers)**

Clipboard, tape measure, pencils will be located at the event. Please return results to the finish line with top eight finishers designated (break ties).

**Exchange Zones/Curve Judges:** **Sterling (three workers) Platte Valley (3 workers)**

There must be a minimum of two knowledgeable workers at each exchange zone for Medley, 4x100, 4x200. For the 4x800, 4x400, assist the starter and assistant starter as directed.

**Hurdle Crew: 100/110 hurdles, 300 hurdles** **Sterling Coaches/Athletes plus any coaches nearby**

Hurdle crew needs to move hurdles on to the track at the beginning of the race, adjust/align hurdles that are bumped or displaced between heats, and move hurdles from the track after the race.