



## STERLING HIGH SCHOOL

### 2019 LAST CHANCE QUALIFIER

### Track & Field Meet

Sterling High School is hosting a State Qualifying Track Meet on Friday May 10th, at 1:00 p.m. at Sterling High School. The purpose of this meet is to allow all your athletes a last chance opportunity to qualify for state.

The meet will allow 3 entries per event, but if you need more please don't hesitate to ask, we want to make sure that every kid that is close to state qualifying, or just needs one last varsity race, has an opportunity. We have an 8-lane, all-weather track that was just resurfaced two years ago. We are excited about hosting this meet and giving athletes from Northeastern Colorado another chance to qualify for the state meet.

**Site:** Sterling High School – 400 West Broadway, Sterling, CO

**Date:** Friday, May 10th, 2019. Field events will begin at **1:00 p.m.** and running events will start at **1:30 p.m.**

**Locker Room:** No locker rooms are available. Restrooms are located on the backside of the concession stand.

**Entry Fee/Admission:** \$75 per boys/girls team or \$150 per school. Please make checks payable to Sterling High School Track. **Gate admission is \$5 for students and \$6 for adults.**

**Hospitality Room:** A hospitality room will be available for coaches/workers only.

**Awards:** No awards will be given in order to keep the cost of the meet low.

**Scoring:** The top 8 places per event will be scored (10-8-6-5-4-3-2-1).

**Team Areas:** A map will be provided of the facility and where team camps are allowed.

**Pole Vault:** Weigh-ins for pole vault will begin at 12:15 p.m.

**Tentative Starting Heights:** These heights **may change** based on meet entries or weather. All starting heights will be discussed at the coaches meeting.

Boys High Jump: 5 feet and then raised by 2"

Boys Pole Vault: 8' then by 6"

Girls High Jump: 4'0" then by 2"

Girls Pole Vault: 6' then by 6"

**Finals Only:** There will be no prelims in running events. All races will be considered finals. Long jump, triple jump, discus, and shot will consist of 3 attempts, top 9 will go to finals.

**Additional Information:**

1. Spikes, if worn, may not exceed 3/16 inch. There will be no spikes allowed in the stands.
2. Athletes should warm up in designated areas only.
3. Field event participants need to report to their designated site by the 2<sup>nd</sup> call.
4. Running events need to report to the clerk on the infield.
5. A trainer will be available during the meet.
6. Starting blocks will be provided, but each school must provide its own batons.
7. Weigh-ins for throwing implements will be done North of the stands, beginning at 12:15 p.m.

**Coaches Meeting:** The coaches meeting will begin promptly at 12:30 p.m. by the North Track Shed.

**End of Meet:** Final results will be available on [milesplit.com](http://milesplit.com).

**Entries:** Each school will be allowed 3 entries in individual events and 1 relay team per relay race. Participating athletes are to be entered at <http://www.co.milesplit.com/>. Entries will be due by **Wednesday, May 8th at 6:00 p.m.** There will be **NO** substitutions or additions the day of the meet. Please make certain that entries are correct prior to the deadline.

**Inclement Weather:** In the event the weather looks questionable, you may call (970) 522-2944. If the invitational is to be cancelled, a decision will be made by 7:00 a.m. on the day of the meet and the cancellation will be posted on Milesplit CO on the registration page. If there is no cancellation posted, assume the meet will be held as scheduled.

**Questions:** If there are questions, please do not hesitate to ask. Contact Lori Atkin at [atkinl@re1valleyschools.org](mailto:atkinl@re1valleyschools.org).

## **Sterling Last Chance Qualifier Tentative Time Schedule – Friday, May 10<sup>th</sup>, 2019**

12:15 Begin Weight-in's for Pole Vault and Throwing Implements

12:30 Coaches Meeting

1:30 Girls 800m Medley Relay

Session 1 Events: Starting at 1:00 p.m.

Girls 4x800m Relay

Girls Long Jump

Boys 4x800m Relay

Girls Shot Put

Girls 100m Hurdles

Girls High Jump

Boys 110m Hurdles

Boys Triple Jump

Girls 100m Dash

Boys Discus

Boys 100m Dash

Boys Pole Vault

Girls 4x200m Relay

Boys 4x200m Relay

Girls 1600m Run

Session 2 Events: Following the

Boys 1600m Run

completion of Session 1

Girls 4x100m Relay

Girls Triple Jump

Boys 4x100m Relay

Girls Discus

Girls 400m Dash

Girls Vault

Boys 400m Dash

Boys Long Jump

Girls 300m Hurdles

Boys Shot Put

Boys 300m Hurdles

Boys High Jump

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3200m Run

Boys 3200m Run

Girls 4x400m Relay

Boys 4x400m Relay