

Randall Hess Invitational
ROOSEVELT
ROUGHRIDERS

April 20th 2019

Questions regarding the content of this packet should be directed to

Daniel Joiner

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Randall Hess Invitational Details

Pre-Qualifying: CHSAA sanctioned state pre-qualifying meet.

Games Committee: Daniel Joiner, Abe Sauer, Joe Brown, Bryan Horn

Bus Parking: Buses will be parked at Letford Elementary after athletes and coaches have been dropped off at the high school. The address is 2 Jay Ave Johnstown, CO 80534 and is less than a half mile from the high school. A shuttle will be provided if needed for bus drivers. Please call 970-397-4917 for the shuttle.

Camps and Warm Ups: Teams can set up camp on the grass areas SURROUNDING the facility area on the north and west sides of the track. Please do not camp on the baseball field or infield. Warm ups can be done in the designated area of the infield and on the soccer practice field at the northwest corner of the RHS facility. **Field event warm up can only occur when the event area is designated as open. They will be open starting at 7:30 am.**

Implement/Vault Weigh In: Weigh in for implements will be at the south garage of the concession stand located at the north end of the track. We **WILL NOT** be collecting implements. Please be diligent in policing your athletes for the new throws implements rule. Athletes should keep their implements stationary when in their possession until they enter the ring for either warm up or competition.

Vaulters will also weigh in at the same location using a different scale.

Prelims/Finals: All running events will be timed finals from slow-fast, girls-boys. Three attempts will be given in field events with the top 9 to finals.

Coaches Meeting: **8:15 am** at the garage area north of the concessions stand. *No changes* at the coaches meeting.

Concessions: Full concessions will be available all day.

Admission: **\$4.00 for students and \$5.00 for adults.**

Entry Deadline: The deadline for entries will be **Friday April 19th at 6:00pm** at this time Mile Split will close the entries online. This will be an absolute deadline for adding entries.

Entry Limits: No more than **3** entries in each individual event and **1** relay teams per relay event. **Please contact Daniel Joiner if you have a case where you have more than 3 athletes that could qualify for state in one event.**

COACHES PLEASE MAKE SURE YOUR EMAIL IS UPDATED ON MILE SPLIT SO YOU CAN RECEIVE HEAT SHEETS IN YOUR EMAIL THE NIGHT BEFORE AND RESULTS AFTER THE MEET.



RANDALL HESS INVITATIONAL

Saturday Time Schedule (Tentative – will adjust according to entries)

Field Events: (Prelims and Finals) (9 to Finals)

*Starting height for high jump is 4' 1" (G) and 5' 1" (B)

**Starting height for pole vault will be determined at the coaches meeting.

8:30am	Boys: Shot Put Long Jump Pole Vault	Girls: Discus Triple Jump High Jump
12:00pm	Boys: Discus Triple Jump High Jump	Girls: Shot Put Long Jump Pole Vault

Running Events:

9:00 am	Girls 800 Meter Medley – Final
9:10 am	Girls 4 X 800 Meter Relay – Final
9:25 am	Boys 4 X 800 Meter Relay – Final
9:40 am	Girls 100 Meter Hurdles – Final
10:00 am	Boys 110 Meter Hurdles – Final
10:20 am	Girls 100 Meter Dash – Final
10:40 am	Boys 100 Meter Dash – Final
11:00 am	Girls 4X200 Meter Relay – Final
11:15 pm	Boys 4X200 Meter Relay – Final
Lunch Break	
12:00 pm	Girls 1600 Meter Run – Final
12:15 pm	Boys 1600 Meter Run – Final
12:30 pm	Girls 4 x 100 Meter Relay – Final
12:45 pm	Boys 4 x 100 Meter Relay – Final
1:00 pm	Girls 400 Meter Dash – Final
1:20 pm	Boys 400 Meter Dash – Final
1:40 pm	Girls 300 Meter Hurdles – Final
2:00 pm	Boys 300 Meter Hurdles – Final
2:20 pm	Girls 800 Meter Run – Final
2:35 pm	Boys 800 Meter Run – Final
2:50 pm	Girls 200 Meter Run – Final
3:10 pm	Boys 200 Meter Run – Final
3:30 pm	Throwers Co-Ed Relay
3:40 am	Girls 3200 Meter Run – Final
4:00 am	Boys 3200 Meter Run - Final
4:20 pm	Girls 4 X 400 Meter Relay – Final
4:30 pm	Boys 4 X 400 Meter Relay – Final