



Rangeview/Gateway Twilight Invitational  
Thursday April 30, 2020  
APS Stadium, 1250 Chambers Rd, Aurora, CO  
2:00 p.m.



### General Information

Rangeview and Gateway High Schools will host the Rangeview/Gateway Twilight Invitational on Thursday April 30<sup>th</sup>, 2020 at Aurora Public Schools Stadium. The meet will begin at 3:00 p.m. All running events will be contested as finals, and heats will be seeded from slowest to fastest. We will run girls' events before boys' and follow the listed order of track events beginning with the Girls Sprint Medley Relay.

A hospitality room and catered lunch will be provided for officials, coaches, and meet/event workers. There will be vendors and concessions at the stadium selling food and drinks.

The entry fee is \$300 for boys and girls combined, \$175 for only boys or only girls.

### Meet Directors

Chris Carhart, Head Coach, Rangeview High School – rangeviewtrack@gmail.com  
Martin Wittmer, Head Coach, Gateway High School – mlwittmer@aurorak12.org

### Rules and Regulations

The rules governing the meet are those of the National Federation of the State High School Association, the Colorado High School Activities Association (CHSAA), as well as our Meet Games Committee.

### State Qualifying Meet

The Rangeview/Gateway Twilight Invite will be a State Qualifying Meet. Certified officials, electronic timing system, and wind gauges will be utilized. Implements will be weighed in. Vaulters will be weighed in. Coaching boxes for field events will be designated.

### Entries

Each school will be allowed three entries per running event and field event and one relay team per relay event.

Entries will be done through co.milsplit.com. Entries need to be completed by **10am Wednesday, April 29<sup>th</sup>**.

### Scoring

Since Aurora Public Schools Stadium offers an eight lane track, scoring will be as follows in *both* the running and field events:

10-8-6-5-4-3-2-1

## **Order of Events**

Coaches Meeting **1:30 pm** – Start/Finish line

### **2:00 p.m.**

Sprint Medley Relay (Girls only)

4x800m Relay

100m Hurdles

110m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

## **Field Event Schedule**

All field events will be three attempts, top 9 to finals.

### **2:00 p.m.**

*Girls:*

Discus

Triple Jump

Pole Vault: starting height will be 6'0"

*Boys:*

Shot Put

Long Jump

High Jump: starting height will be 5'2"

### **Immediately following:**

*Girls:*

Shot Put

Long Jump

High Jump: starting height will be 4'2"

*Boys:*

Discus

Triple Jump

Pole Vault: starting height 7'0"

## **Additional Information**

1. Athletes will check in for each running event 10 minutes prior to their event in the center of the field. They will be given a hip number and lane assignment.
2. Only athletes with upcoming events will be allowed to warm-up on the infield.
3. Live results will be posted on the video board and on the Track Meet Mobile App.
4. Team camps can be set up in the stands, near the throwing venues, or on the outskirts of the track, not on the infield
5. An athletic trainer will be on hand, please bring your own taping materials.
6. In case of inclement weather the day of the meet you can call Coach Carhart at (720) 771-2114.