



IGNACIO HIGH SCHOOL

4.11.2020

Abel Velasquez Invitational

Dear Coaches and Athletic Directors,

Ignacio High School would like to invite your school to participate in the 11th annual Abel Velasquez Invitational. This meet will be hosted at the Ignacio High School Stadium on Saturday, April 11, 2020. The deadline for entries is Thursday, April 9, 2020 at 3pm.

The Abel Velasquez Invitational will meet all state qualifying criteria. All uniform rules will be followed, please make sure your athletes are legally equipped. The field will be a restricted area; a warm-up/cool-down field is located south of the discus area. All races will be run as finals. Minimums and starting heights will be discussed at the coaches meeting. **The coach/scratch meeting will be at 8:30 am in the hospitality room northeast of the track. Weigh-Ins will be behind the bleachers starting at 8:00.**

The entry fee will be \$235 per school or \$20 per individual athlete for smaller teams. You can either bring checks to the meet or mail them to Ignacio School District, PO Box 460, Ignacio, CO 81137.

We may need a few volunteers to help run field events so please let me know if you have anyone available.

Contact:

Aimee DeSouchet, adesouchet@ignacioschools.org, 970.764.8116

SCHEDULE

Weigh In 8am

Coaches Meeting 8:30

Field Events Start at 9am:

Girls Long Jump,
Girls Pole Vault,
Girls Shot Put,
Boys High Jump,
Boys Triple Jump,
Boys Discus

2nd Session of Field Events

Boys Long Jump,
Boys Pole Vault,
Boys Shot Put,
Girls High Jump,
Girls Triple Jump,
Girls Discus

**Track Events Start at
11am**

Girls 1st Boys 2nd

Girls Sprint Medley
3200m Relay
100m/110m HH
100m Dash
800m Relay
1600m Run

30 Minute Break

400m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3200 Run
1600m Relay