

Randall Hess Invitational 2.0

ROOSEVELT **ROUGHRIDERS**

May 14th, 2022

Questions regarding the content of this packet should be directed to

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Randall Hess 2.0 Invitational Details

- Pre-Qualifying:** CHSAA sanctioned state pre-qualifying meet.
- Games Committee:** Daniel Joiner, Abe Sauer, Bryan Horn, Colby Schultz
- Entry Fee:** **\$225**
- Entry Deadline:** The deadline for entries will be **Friday, May 13th at 10:00 pm**
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.
- Bus Parking:** Buses can park at Nelson Ballfields after athletes and coaches have been dropped off at the high school. The address is 671 Telep Ave, Johnstown, CO 80534 and is less than a mile from the high school.
- 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 outfield 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.**
- 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 event location.
- 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:** **8:15am** at the garage area north of the concessions stand.
- Concessions:** Full concessions will be available all evening.
- Admission:** **\$5.00 flat fee**

RANDALL HESS INVITATIONAL

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

Field Events:

(Prelims and Finals) (9 to Finals)

***STARTING HEIGHT FOR GIRLS HIGH JUMP WILL BE 4' 4" WITH 3" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY 1", 1.5", ETC.**

****STARTING HEIGHT FOR BOYS HIGH JUMP WILL BE 5' 4" WITH 3" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY 1", 1.5", ETC.**

*****STARTING HEIGHT FOR GIRLS POLE VAULT WILL BE 6' 8" WITH 6" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY DIFFERENT INCREMENTS.**

******STARTING HEIGHT FOR BOYS POLE VAULT WILL BE 7' 8" WITH 6" INCREMENTS UNTIL THE FIELD HAS BEEN NARROWED TO 9 OR LESS. AT THIS POINT THE OFFICIALS AND COACHES WITH ATHLETES STILL IN THE COMPETITION CAN DECIDED ON GOING BY DIFFERENT INCREMENTS.**

9:00am	Boys: Shot Put (35' min) Long Jump (17' 6" min) Pole Vault	Girls: Discus (85' min) Triple Jump (28' min) High Jump
1:00pm	Boys: Discus (100' min) Triple Jump (37' min) High Jump	Girls: Shot Put (25' min) Long Jump (14' 6" min) Pole Vault

Running Events:

9:00am	Girls 3200 Meter Run
9:15am	Boys 3200 Meter Run
9:35am	Girls 800 Meter Medley
9:45am	Girls 4 X 800 Meter Relay
10:00am	Boys 4 X 800 Meter Relay
10:15am	Girls 100 Meter Hurdles
10:30am	Boys 110 Meter Hurdles
10:45am	Girls 100 Meter Dash – Final
11:10am	Boys 100 Meter Dash – Final
11:30am	Girls 4X200 Meter Relay – Final
11:40am	Boys 4X200 Meter Relay – Final
11:55pm	Girls 1600 Meter Run – Final
12:10pm	Boys 1600 Meter Run – Final
12:25pm:	LUNCH BREAK
12:55pm	Girls 4 x 100 Meter Relay – Final
1:10pm	Boys 4 x 100 Meter Relay – Final
1:25pm	Girls 400 Meter Dash – Final
1:45pm	Boys 400 Meter Dash – Final
2:05pm	Girls 300 Meter Hurdles – Final
2:25pm	Boys 300 Meter Hurdles – Final
2:45pm	Girls 800 Meter Run – Final
3:00pm	Boys 800 Meter Run – Final
3:15pm	Girls 200 Meter Dash – Final
3:35pm	Boys 200 Meter Dash – Final
3:55pm	Throwers Relay
4:05pm	2 heats - Girls 4 X 400 Meter Relay – Final
4:20pm	2 heats - Boys 4 X 400 Meter Relay – Final