



## IGNACIO HIGH SCHOOL

# 4.9.2022

### Abel Velasquez Invitational

Dear Coaches and Athletic Directors,

Ignacio High School would like to invite your school to participate in the 11<sup>th</sup> annual Abel Velasquez Invitational. This meet will be hosted at the Ignacio High School Stadium on Saturday, April 9, 2022. The deadline for entries is Thursday, April 7, 2022 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 Larsen, [alarsen@ignacioschools.org](mailto:alarsen@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

2<sup>nd</sup> 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 1<sup>st</sup> Boys 2<sup>nd</sup>

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



Hospitality Room  
East of Parking Lot

Implement  
Weigh-Ins

Practice Field for  
Warm Up/Cool Down