



Dear Coach/Athletic Director:

We would like to invite you to the 2024 edition of the Frank Woodburn Invitational. This event will be held at Lincoln Park's Stocker Stadium in Grand Junction, Colorado on Saturday, April 5th with a start time of 9:00am.

There will be a pole vault competition, which will be held same day, at **10AM at the new CMU Track and Field Facility located at the corner of Cannell Ave. and Orchard Ave.**

This will be a pre-qualification meet. PLEASE be sure to use your state-assigned school name and abbreviation (as found in your CHSAA Bulletin), identify your athlete's year-in-school (use 9, 10, 11, or 12), and make sure your athlete's names stay consistent for every meet when you enter data onto the Colorado Milesplit website.

****Should the electronic timing device fail, there will not be a rerun. We will then use hand held times for that heat/event. This is not likely to occur. ****

To reserve your team's spot in the 2024 Frank Woodburn Invite, send an email to Coach Reetz at jill.reetz@d51schools.org and a check to the following address:

*Gregg Hawkins
Athletic Director
Palisade High School
3679 G Rd.
Palisade, CO 81526
Attn: Frank Woodburn Track Meet*

*Please write all checks to **PHS Track and Field***

Full team price for this 1-day meet is \$300

MEET INFORMATION

All entries must be entered on CO MileSplit by 8pm the day prior to the meet. No entries will be taken or changed after that time. If you have questions or problems with entries please e-mail Jill Reetz at jill.reetz@d51schools.org.

- Pole Vault will be held at CMU starting at 10am on Saturday. Vaulter weigh in will begin at 9:30am and the Girls vault will begin at 10am, immediately followed by boys.
- Event seeding will take place Thursday evening after the 8pm deadline.
- Meet information including order of events will be sent out to confirmed teams and will be posted on MileSplit.
- The entry fee is \$300 per school, or \$25 per athlete. Please make your best effort to mail your entry fees to the school ASAP. Also please indicate the name of the meet on the check.
- Please be prepared to provide a worker or two to help us out with running the meet. The more help we get, the smoother things run!
- Each school will be allowed (4) entries per event and one relay team. Schools will be allowed to enter up to 2 additional entries per individual event for a charge of \$25 per athlete.
- Minimum distances will be determined by the events committee and will be announced. If an athlete has not thrown or jumped the minimum distance, their last attempt will be measured.
- Coaches, your help with the following items will be greatly appreciated:
 - Contestants are to enter and exit the track at the SOUTH gate on the EAST straight
 - Athletes may be on the infield only when warming up, no camps at high jump please
 - Do not cross runways or jump pits
 - Only 3/16" spikes will be allowed on the track
 - NON-COMPETITORS will not be allowed on the infield; coaches, fans, and those athletes not warming up must remain in the stands.
- AWARDS: Medals will be announced and awarded to 1st, 2nd, and 3rd place finishers on the field at Stocker Stadium upon the completion of each event. We will score eight places in each event.
- Coaches meetings:
 - Saturday at 8:30am in the hospitality room located on the NE corner of the track. Coffee/Drinks and breakfast will be provided for coaches only.

Running Events (Girls First then Boys to follow)

3200 Meter Relay

100/110 Meter High Hurdles

100 Meter Dash

800 Meter Relay

1600 Meter Run

400 Meter Relay

400 Meter Dash

300 Meter Low/Intermediate Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

1600 Meter Relay

Saturday, April 5th 9:30am:

Girls Long Jump

Boys Triple Jump

Girls Shot Put

Boys Discus

Girls High Jump

Immediately following the completion of above

Boys Long Jump

Girls Triple Jump

Boys Shot Put

Girls Discus

Boys High Jump

Saturday, April 5th 10:00 am:

Girls Pole Vault Weigh-ins and warm-ups @ 9:30am

Boys Pole Vault immediately following girls