



Rocky Mountain High School

INVITATIONAL TRACK AND FIELD MEET

Saturday, April 26, 2025

Instructions to Coaches

Entries : Entries will be done online using MileSplit. Entries will close at 12:00 pm on Friday, April 25nd, 2025

Password Entry: RMHS2025

Number of Events: Each team will be allowed unlimited entries for each individual event. Each team will be allowed to enter one relay team for each of the four (4) relays. Athletes may only compete in four (4) events.

Scratches: Scratches can be made in the press box until 8:30 a.m.

Sanctioned: The RMHS Invitational Track and Field meet is a State Qualifying Meet.

Spikes: Only 3/16" needle or pyramid spikes will be allowed.

Starting Blocks: RMHS will furnish all blocks for use during the meet.

Field Events: Competitors will be given 4 total jumps in long jump and triple jump and 4 throws in the shot put and discus.

Shot and Discus: All implements must be weighed and registered at the double blue doors on the west side of the gymnasium. Implement weigh-ins will begin at 8:45 am.

Starting Heights:

- Girls High Jump - 4' 2"
- Boys High Jump - 5' 2"
- Girls Pole Vault - 6' 6"
- Boys Pole Vault - 9' 0"

- Races:** Heats will be seeded by slowest to fastest time. All running events will be timed finals. Timing will be F.A.T.
- Uniforms:** WHSAA Rules regarding uniforms will be strictly enforced during this meet.
- Scoring:** Scoring will be 10 – 8 – 6 – 4 – 2 – 1 (6 lane track)
- Team Camps:** Team Camps can be set up in the grass outside the fenced area of the track. No camps will be allowed in the infield. Do not set up a camp near the discus or shot put area.
- Concessions:** There will be a concession stand available for this meet.
- Hospitality Room:** A hospitality room will be available for coaches, workers, bus drivers and school administrators.
- Bus Parking:** Space is available for buses in the east parking lot of the football field.
- Results:** Results will be posted on Milesplit.



RMHS Track

Saturday, April 26 2025

Order of Events

8:45 am Scratch Meeting in the crows nest.

9:30 am Girls 3200 Meter Relay
Boys 3200 Meter Relay

Boys High Jump followed by **Girls High Jump**
Boys Long Jump followed by **Girls Long Jump**
Boys Shot Put followed by **Girls Shot Put**
Girls Triple Jump followed by **Boys Triple Jump**
Girls Discus followed by **Boys Discus**
Girls Pole Vault followed by **Boys Pole Vault**

10:15 am Boys 3200 Meters
Girls 3200 Meters
Girls 1600 Meter Sprint Medley Relay
Boys 1600 Meter Sprint Medley Relay
Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
Girls 100 Meters
Boys 100 Meters
Girls 1600 Meters
Boys 1600 Meters
Girls 400 Meter Relay
Boys 400 Meter Relay
Girls 400 Meters
Boys 400 Meters
Girls 300 Meter Hurdles
Boys 300 Meter Hurdles
Girls 800 Meters
Boys 800 Meters
Girls 200 Meters
Boys 200 Meters
Boys 200 Meters
Girls 1600 Meter Relay
Boys 1600 Meter Relay