



Lamar High School

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Principal
Greg Eddy

Assistant Principal/A.D.
Chris Medina

April 27, 2026

TO: TRACK COACHES
RE: LOW ELEVATION LAST CHANCE

Enclosed is the general information concerning the 2026 Low Elevation Last Chance to be held on Friday, May 8, 2026. This will be a State Qualifying Meet, but we will not offer pole vault.

Medals will be awarded to the first 3 places, with ribbons through 8th place and team plaques for 1st and 2nd place for boys and for girls.

Three individuals and 1 relay team may be entered by each school. If you would like to enter more than 3 athletes in the field events then please let us know and we will get them entered at no additional cost-only three athletes will be able to score points in the field events. There will be 3 throws allowed in the shot put and discus with the top 9 throwers advancing to the finals. We will use two discus rings and two shot put rings. . Weigh-ins for the shot and disc will be in the officials' locker room located at the east end of the stadium starting at 8:00 AM. Long jumpers and triple jumpers will each get 3 jumps with the top 9 jumpers advancing to the finals. We will run 2 pits for the long jump and 2 pits for the triple jump. Girls' high jump will start at 4' and move up 2" until 5" is reached--then 1" per jump. Boys' high jump will start at 5' and move up 2" until 6' is reached--then 1" per jump.

NO POLE VAULT!

Points will be awarded to the first 8 places according to the federation rules.

An entry fee of \$250.00 per team will be charged. \$500.00 if you enter both boys and girls teams. We will charge \$45.00 per participant if you have a small team, or would like to enter single athletes for a final chance at state qualifying.

A scratch meeting (please have scratches completed by 8:30AM) will be held at 8:00 a.m. in the home locker room which is located in the center of the new fieldhouse facility. A coaches/officials meeting will be held at 8:30am in the home locker room. Field events will start at 9:00 a.m. and running events will start at 10:30 a.m, with the exception of the 3200s which will start at 9:35am

We will be using <http://co.milesplit.us> for our entries. Entries will close May 6th at noon. If you have questions about the online entries, please contact Austin Wertz @ 719-336-3488 or 719-688-2371.

Sincerely,
Chris Medina
Athletic Director (719-651-0932)

LAMAR HIGH SCHOOL

GENERAL TRACK MEET INFORMATION

1. We have an 8 lane all weather track with polyurethane runways. We will be disqualifying any athlete who uses a spike longer than 3/16".
2. Our throwing sectors (2 shot put rings and 2 discus rings) are both located outside the track facility—in the field to the north of the field house. For safety purposes, no one but athletes will be allowed in the fenced and/or roped areas. Spectators may stand outside the fence or outside roped areas.
3. We will use a 2 curve stagger for those events that require the first 400 meters to be run in lanes. In those events, we will cut at the marks after 400 meters.

We will not use a waterfall start. Instead, we will use a 1 curve stagger for those events requiring an effort lasting for more than 400 meters. Seeding will be 8,5,4,1,2,3,6,& 7.

We will use a 4 curve stagger for the 800 relay. Have your athletes run in lanes all the way.

4. The main parking lot at the new stadium is not large enough to accommodate bus parking, please have your teams dropped off at the main gate and then have your buses park in either the dirt lot by Yucca Drive, or in the main school parking lot off of Savage Avenue.

5. Please have your teams set up their camps in the gray sections of the grandstand; leaving the middle for spectators. We also have plenty of dirt (soon to be grassy areas) behind the grandstand where tents can be set up. There should be plenty of room there for your needs.

6. Restrooms are located on the north end of the track. Dressing facilities are limited. Please make arrangements for securing your own valuables. Locker rooms will not be available until 10:30 a.m. due to the coaches scratch meeting. Girls will dress in the visitor's locker room. Boys will dress in the home locker room.

7. We will furnish starting blocks. You need to furnish all other equipment needed for the events.

8. We will use CHSAA/Federation rules for uniforms.

9. The Federation Rule Book will be used to administer the meet.

10. This will be a state qualifying meet; since we are using a timing system we will not be able to change lanes at the line. Example-if the runner in lane 4 scratches at the line then lane 4 will remain open for that race. Also we will not be able to add or substitute runners at the line. Scratches or additions need to be completed on mile split or by 8:30AM at the scratch meeting.

11. Shot & discus weigh-in will be held in the official's locker room at the east end of the track located in the locker room facilities and will need to be completed by 9AM.

12. We will time all of the runners in the distance races.

LOW ELEVATION LAST CHANCE TRACK MEET May 8th, 2026

SCHEDULE OF EVENTS-Times are estimated

- 8:00AM Coaches Scratch Meeting-Home Locker Room/East End of Track
Please have scratches completed by 8:30AM
- 8:30AM Coaches/Officials Meeting Home Locker Room/East End of Track
- 9:00AM Field Events Begin:
 - Shot Put – both Girls and Boys (2 rings)
 - Discus – both Girls and Boys (2 rings)
 - Long Jump – Girls, then Boys (1 pit orientated for wind)
 - Triple Jump – Boys, then Girls (1 pit orientated for wind)
 - High Jump – Girls and Boys (2 pits)
 - Javelin – Girls and Boys (cafeteria style)

- 9:35 Girls 3200 Meter Run 1 Curve Stagger**
- 9:50 Boys 3200 Meter Run 1 Curve Stagger**

- 10:45 Girls 3200 Meter Relay.....Final
- 11:00 Boys 3200 Meter Relay.....Final
- 11:15 Girls 100 Meter High Hurdles Final
- 11:30 Boys 110 Meter High Hurdles Final
- 11:45 Girls 100 Meter Dash Final
- 12:00 Boys 100 Meter Dash Final

Lunch Break

- 1:00 Girls 800 Meter Relay Lanes All the Way
- 1:10 Boys 800 Meter Relay Lanes All the Way
- 1:20 Girls 1600 Meter Run 1 Curve Stagger
- 1:35 Boys 1600 Meter Run 1 Curve Stagger
- 1:45 Girls 400 Meter Relay Lanes All the Way
- 2:00 Boys 400 Meter Relay Lanes All the Way
- 2:15 Girls 400 Meter Dash Lanes All the Way
- 2:35 Boys 400 Meter Dash Lanes All the Way
- 3:00 Girls 300 Meter Low Hurdles Final
- 3:20 Boys 300 Meter Intermediate Hurdles Final
- 3:40 Girls 800 Meter Run 1 Curve Stagger
- 3:50 Boys 800 Meter Run 1 Curve Stagger
- 4:00 Girls 200 Meter DashFinal
- 4:15 Boys 200 Meter Dash Final
- 4:30 Short Recovery Break
- 4:50 Girls 1600 Meter Relay 1st Runners in Lanes
- 5:10 Boys 1600 Meter Relay 1st Runners in Lanes
- 5:20 Awards can be picked up in the press box

IF WE GET AHEAD OF SCHEDULE, WE WILL CONTINUE AHEAD OF SCHEDULE

