



1st Annual ColtBolt Classic Invitational



Saturday, April 16th, 8:00AM

Cottonwood High School

Thank you for signing up for the first ever Colt Bolt Invitational at Cottonwood High School. We are thrilled to hold our first state qualifying invite here on our new track.

Minimum Marks:

Girls HJ: 4'02"

Boys HJ: 5'02"

Girls LJ: 11'

Boys LJ: 15'

Girls Javelin: 55'

Boys Javelin: 70'

Girls Shotput: 15'

Boys Shotput: 25'

Girls Discus: 40'

Boys Discus: 55'

Entries will need to be put in Runnercard by 9pm, Thursday, April 14th. If there are any additions or changes that need to be made after that time, please email Lauren Lansdowne at lflansdo@gmail.com. If you know of any scratches before the meet starts, please let TC (tournament central- the black tent with the yellow colt and lightning bolt) know so that we can run our event as efficiently as possible and realign our heats. High jump will be run down on the turf of the football field. We will not be offering pole vault at this meet as we do not have the facilities.

We will be holding our special running event at the end of our invite schedule, a mixed 4x400 relay as an fun opportunity to run boys and girls teams together. To run this event, you must have two male and two female athletes. There are no set legs designated for male or female, you select your order!

We will begin field events and running events at 8:30am and will be on a rolling schedule. Make sure to tell your athletes that are in field events and running events to be aware of the calls on the PA and be sure to check in at each event they are involved in. We will scratch athletes that have not checked in 5 minutes prior to a race or a flight start, and will DNF athletes in running events that do not show up for the start of any race they are entered in.

Awards: Top three finishers will receive a medal and ribbons for placing 4-6 in each running event and field event. Relay teams will receive medals for top team, and ribbons for placings 2-4. Top 3 boys and girls teams will receive a trophy. There will be two ribbons in your packets for All Heart awards. Use these as you please.

Timing and Implement Weighing: Updates can be found on AthleticNET and AthleticLIVE. There will be a real time scoreboard on their app. You can use the QR code to get to AthleticLIVE and the real time scoreboard.

Hip Numbers and Bibs: Runners in lane events do not need to have a bib or a hip number, but will need to ensure they are in the correct lane assignment at start and finish. Distance athletes in the following races will need hip numbers: 800, 1600, 3200, and the anchor leg of all relays.

Relay Marks, Stagers, Minimum Marks, and Field Finals: Our track is painted for the new relay zones, the arrows are yellow. We will be doing a 4-turn stagger for the 4x200 relay and a 3-turn stagger for the 4x400 relay. Field events will be three throws/jumps and then finals based on flight distances (except HJ). Minimum marks will be adhered to, and first attempt will be marked for all athletes; subsequent throws/jumps will need to meet the minimum mark.

Coaches Meeting and Information: Coaches meeting will be held in the middle of the turf field on the yellow horseshoe at 8:15AM. All scratches and emergency submissions need to be finalized by this time. Coaches will be given a lanyard with the schedule. Only coaches with the lanyard, athletes that are participating in high jump, and the called for running events will be allowed on the infield for safety purposes. Tents and team camps can be set up on the north side of the track in the grassy area or along the side of the building next to the track and school building, or of course in the bleachers. Please stay out of the grassy area next to the softball field and soccer field, this is our throwing area. If you have any questions, please find a person with an orange or lime green armband on, they are the volunteers and should be able to either direct you to an official or coach or answer your question. There will be an Athletic Trainer available for use, he will be located on the south side of the infield.

Signing Up for the Mixed 4x400 Meter Relay: Fill out the pink half sheet with your athlete order and school for the mixed relay and return it to TC before the 800m dash. This is the only event where you can sign up more than one relay team per school, this relay has unlimited entries as long as it is 2 female and 2 male athletes in any order. This relay also does not count towards your athlete entries or team score.

<u>Schedule of Running Events</u>	<u>Schedule of Field Events</u>
4x800 Relay (5A&6A Only) SMR 2-2-4-8 (1A-4A only) 100/110 Hurdles 100M Dash 4x200 Relay (5A&6A Only) 1600M Run 4x100 Relay 400M Dash 300M Hurdles 800M Dash 200M Dash 3200M Run 4x400 Mixed Relay 4x400 Relay	Girls Javelin/Boys Shotput/Girls Discus/Boys High Jump/Girls Long Jump Boys Javelin/Girls Shotput/Boys Discus/Girls High Jump/Boys Long Jump <i>(High Jump will be conducted on the turf on the north end of the football field)</i> <i>(Long jump, Javelin, Shotput, and Discus will be conducted on the south rim of the track, near the softball and soccer fields)</i>

If you have any further questions, please contact Jason Baker at jabaker@graniteschools.org.