

Longmont Invitational – 2026

**Time Schedule: We will stick to the time schedule
unless weather demands us to move ahead**

11:30 Coaches' Meeting
(meet at the start/finish line)

11:00 Shot/Disc Weigh In -All Throwers

Cut-Off times for 800, 1600 and 3200 are:

Girls: 3:00, 7:00, and 14:00

Boys: 2:40, 6:00, and 12:30

LJ, TJ, SP, Discus:

3 attempts, top 9 to finals

	# of heats
12:00 Girls 3200 M Run	1 heat
12:15 Boys 3200 M Run	1 heat
12:30 Girls 4x800 Relay	1 heat
12:45 Boys 4x800 Relay	1 heat
12:55 Girls 100 M Hurdles	9 heats
1:15 Boys 110 M Hurdles	9 heats
1:35 Girls 100 M Dash	15 heats
2:05 Boys 100 M Dash	19 heats
2:35 Unified 100 M	2 heat
2:50 Girls 4x200 M Relay	3 heats
3:05 Boys 4x200 M Relay	4 heats
3:20 Girls 1600 M Run	4 heats
3:50 Boys 1600 M Run	5 heats
4:25 Girls 4x100 M Relay	3 heats
4:35 Boys 4x100 M Relay	4 heats
4:50 Girls 400 M Dash	12 heats
5:30 Boys 400 M Dash	15 heats

12:00 Girls High Jump
4', 4'3, 4'6" then 2"

12:00 Girls Long Jump
measuring over 14'

12:00 Girls Shot Put
measuring over 26'

11:30 PV Check & Weigh In - Boys

12:00 Boys Pole Vault
8'2", 9'2", 10'2", then 6"

12:00 Boys Triple Jump
measuring over 36'

12:00 Boys Discus
measuring over 100'

6:00 Longmont/Lyons
Senior Recognition

4:00 Boys High Jump
5', 5'3", 5'6" then 2"

4:00 Boys Long Jump
measuring over 18'

4:00 Boys Shot Put
measuring over 35'

6:30 Girls 300 M Hurdles	8 heats
6:50 Boys 300 M Hurdles	9 heats
7:15 Girls 800 M Run	4 heats
7:35 Boys 800 M Run	5 heats
8:00 Girls 200 M Dash	16 heats
8:25 Boys 200 M Dash	17 heats
8:50 Elite Girls 3200 M Run	1 heat
9:00 Elite Boys 3200 M Run	1 heat

3:30 PV Check & Weigh In - Girls

4:00 Girls Pole Vault
6'2", 7'2", 8'2" then 6"

4:00 Girls Triple Jump
measuring over 28'

4:00 Girls Discus
measuring over 80'

9:10 Les Coyle Memorial
Co-ed Weight Person
4x100 Relay (B-G-B-G)

9:25 Girls 4x400 M Relay	2 heats
9:45 Boys 4x400 M Relay	4 heats