

Cherry Creek Invitational

Teams Attending: Arapahoe, Chaparral, Castle View, Cherokee Trail, Cherry Creek, Denver East, Denver South, Douglas County, George Washington, Harrison, Heritage, Highlands Ranch, Kent, Legend, Mountain Vista, Mullen, Northfield, Overland, Rampart, Regis, Rock Canyon, Smoky Hill, Thomas Jefferson, and Thunder Ridge

7:45 am (minimums listed)

Girls Pole Vault TBD

Boys Triple Jump 39'

Boys Discus 100'

Girls High Jump starting at 4'8"

Girls Triple Jump 31'

Girls Shot Put 25'

11:00 am (minimums listed)

Boys Pole Vault TBD

Boys Long Jump 18'6"

Boys Shot Put 35'

Boys High Jump 5'6"

Girls Long Jump 15'

Girls Discus 80'

In long jump, triple jump, shot put, and discus all athletes will be given 3 attempts. 9 athletes will go to finals. Minimum marks must be met to be measured. Each athlete will at least be given one measured attempt.

7:25 am Coaches Meeting

8:00 am Girls 3200 m (fast)

8:20 am Boys 3200 m (fast)

8:35 am Girls Sprint Medley

8:50 am Girls 4 X 800

9:05 am Boys 4 X 800

9:20 am Girls 100 m hurdles

9:40 am Boys 110 m hurdles

10:00 am Girls 100 m

10:15 am Boys 100 m

10:30 am Girls 4 X 200

10:45 am Boys 4 X 200

11:00 am Girls 1600 m

11:25 am Boys 1600 m

11:50 pm Girls 4 X 100

12:05 pm Boys 4 X 100

A 30 minute lunch break will be taken unless we are behind schedule.

12:35 pm Girls 400 m

1:00 pm Boys 400 m

1:20 pm Girls 300 m hurdles

1:45 pm Boys 300 m hurdles

2:10 pm Girls 800 m

2:25 pm Boys 800 m

2:40 pm Girls 200 m

2:55 pm Boys 200 m

3:10 pm Girls 3200 m (slow)

3:30 pm Boys 3200 m (slow)

3:45 pm Girls 4 X 400

4:00 pm Boys 4 X 400

**We will run ahead if possible. However, we will not get more than 30 minutes ahead of schedule.

Meet Notes:

- 1) Team tents may only be set up in the East stands.
- 2) Athletes should only be on the infield to warm-up. There should be no team camps on the infield. Coaches should also try and stay out of the infield. State is only a few weeks away, so get the kids used to you not being on the field.
Please make sure your athletes do not bring food or seeds onto the turf.
- 3) A trainer will be set up under the red tent on the south end of the infield.
- 4) The check in tent will be near the 50 yard line under the red tent.
- 5) **1st place finishers should pick up their award t-shirts at the check-in tent.**
- 6) Lunches will be delivered at 11:30 am. Each team will receive 5 lunch tickets for your coaches. Lunches can be picked up from the team room in the SE corner of the track.
- 7) **We have a horrible set up for spectating girls long and triple jump. Please make sure parents know that they are not allowed on the infield. If they want to watch an athlete jump, they need to exit the stadium and view the jumps from outside the fence on the south end. So sorry!!**
- 8) Our throwing facility is not near the track. Athletes and parents will want to go to the parking lot just to the south of the school. The throwing facility is near the SE corner of that parking lot.
- 9) Coaches meeting will be held at 7:25 am at the finish line. We will have bagels and coffee for coaches. You will also receive your lunch tickets and trash bags for your area. **Please print your own heat sheets.**
- 10) Scoring 1 – 8: 10-8-6-5-4-3-2-1. Event winners receive a t-shirt and top 2 teams for boys and girls will receive plaques. Please make sure your athletes pick up their t-shirts after the results are announced. I will not be sending t-shirts to athletes that forget to pick them up at the meet.
- 11) Thanks so much for coming to our meet and good luck!!

Password for entries: CCHS2022

3 entries in each event (please make sure you are only entry varsity level athletes) and 1 relay.