

2019 Continental League Frosh/Soph Championships

Echo Park Stadium

Wednesday, May 1, 2019 2:30pm

Hosted by Douglas County High School

Meet Director: Danielle Kennedy (Danielle.Kennedy@dcsdk12.org)

Worker Assignments

**Chaparral**- Long Jump (includes someone to run wind gauge), put away wind gauge, clean up trash around long jump area

**Rock Canyon**- Hurdle Crew (100/110 & 300 Setup), Relay Exchange Judges (4 X 100; 4x200)

**Mountain Vista**- Hurdle Crew (100/110 & 300 Setup), Relay Exchange Judges (Sprint Medley, 4 X 100), Clean up trash in infield area

**Castle View**- Pole Vault, including helping weigh-in athletes (scale provided).

**Ponderosa**- Wind Gauge on track straightaway for 100m Hurdles, 110m Hurdles, 100m and 200m Dash, put wind gauge away

**Highlands Ranch**- Triple Jump (includes person to run wind gauge and Clean trash and flags around Triple Jump area

**Heritage**- Relay Exchanges (4x100, 4x200, Sprint Med)

**Legend**- Discus & clean up flags and trash around discus area

**Thunder Ridge**- High Jump and clean up around High Jump area

**Regis**- Timing and Seeding of the meet

**Douglas County**- Meet Director – Scoring/awards, Clerk of Course, Starter, Announcer, Concessions Shot Put, including helping weigh-in implements (scale provided), clean up flags and trash around shot put area

**If you would help with clean up of your assigned event, it would be greatly appreciated!**

General Information

1. This meet is a pre-qualifying meet for the 5A Colorado State Track and Field Championships
2. Each school responsible for a field event must provide their own measuring tapes and enough workers to run the entire event. Clipboards, event forms, and pencils will be supplied by DCHS.
3. All field event workers and timers must report to their assignment no later than 2:00pm
4. Each school may enter no more than FOUR competitors per individual event and ONE relay team per relay event.
5. Coaches use good judgment on your times for your runners if they do not have a FAT time. At the minimum add .24 to your hand times
6. All relays will be randomly seeded through meet manager – NO SEED TIMES WILL BE USED – (You can leave it blank)
7. Scoring: EIGHT places in all events- 10-8- 6-5- 4-3- 2-1

### Running Events/Entries

1. Running events will begin at 2:30 PM on Wednesday.
2. Entries will be through CO.MILESPLIT.US.
3. DEADLINE FOR SUBMITTING ENTRIES IS 11:59 AM ON Monday, April 30, 2019 @ 1am
4. In races run in heats, heats will be run slowest to fastest. (all races are finals/no prelims)
5. For the 800m and 1600m races, the number of entries will determine the number of heats.
6. Runners must report to the Check-In Clerk in the 2nd garage opening north/west of the track before each race to get lane assignments and hip numbers.
7. Coaches' meetings will be at 2:00 PM on Wednesday.

### Field Events

1. Field events will begin at 2:30 PM on Wednesday.
2. Weigh-ins: 1:45-2:15 PM on Wednesday 3. All Field events are Finals. Athletes will be given 3 attempts in Shot Put, Discus, Long Jump and Triple Jump. Top 10 will be taken to finals
4. Pole Vault and High Jump will follow the 5-Alive format Pole Vault will raise 1' after opening height then proceed in 6" increments
5. High Jump will raise in 3" after first two heights then proceed in 2" increments  
Opening Heights: Pole Vault: Boys- 8' (8', 9', 9'6", 10', etc.)

Girls- 5' (if they go that low – 5', 6', 6'6, 7', etc.)

B. High Jump: Boys-5' (5', 5'3", 5'6", 5'8", 5'10", etc.)

Girls-4' (4', 4'3", 4'6", 4'8", 4'10", etc.)

\*\*\*ONLY SCRATCHES WILL BE ALLOWED ON THE DAY OF THE MEET\*\*\*

\*If you have any questions/concerns about entries, please direct them to Danielle Kennedy at the email above.

## CONTINENTAL LEAGUE FROSH/SOPH MEET SCHEDULE WEDNESDAY, MAY 2nd

### FIELD EVENTS:

2:30

Triple Jump Girls

Long Jump Boys

Shot Put Girls

High Jump Boys

Pole Vault Girls

Discus Boys

### Immediately Following:

Long Jump Girls

Triple Jump Boys

Discus Girls

Pole Vault Boys

High Jump Girls

Shot Put Boys

**RUNNING EVENTS:** We will have a rolling schedule – Please have your athletes pay attention to the announcer

2:30 Sprint Medley (1-1- 2-4) Girls

Finals 4 X 800m Relay Girls

Finals 4 X 800m Relay Boys

Finals 100m Hurdles Girls

Finals 110m Hurdles Boys

Finals 100m Dash Girls

Finals 100m Dash Boys

Finals 4 X 200m Relay Girls

Finals 4 X 200m Relay Boys

Finals 1600m Run Girls

Finals 1600m Run Boys

Finals 4 X 100m Run Girls

Finals 4 X 100m Run Boys

Finals 400m Dash Girls

Finals 400m Dash Boys

Finals 300m Hurdles Girls

Finals 300m Hurdles Boys

Finals 800m Run Girls

Finals 800m Run Boys

Finals 200m Dash Girls

Finals 200m Dash Boys

Finals 3200m Run Girls

Finals 3200m Run Boys

Finals 4 X 400m Relay Girls

Finals 4 X 400m Relay Boys

Finals Awards Immediately Following