

2020 The Showcase- Twilight Meet Invitational Track & Field Meet

DATE OF MEET

Saturday, March 28th, 2020

SITE

Valor Christian High School
3775 Grace Blvd Highlands Ranch, CO 80126

RULES AND REGULATIONS

The rules governing the meet are those of the National Federation of the State High Schools Association, The Colorado High School Activities Association, and the games committee.

STATE PRE-QUALIFYING MEET

The Showcase will be a sanctioned State Pre-Qualifying track and field meet. Certified Officials, Fully Automatic Timing system and wind gauges will be used to comply with CHSAA.

ENTRIES

Due no later than **Thursday, March 26th at 5:00pm!**

NO ENTRIES WILL BE ACCEPTED AFTER THIS TIME!

All teams enter through **MILESPLIT!** There will be unlimited entries but please realize this is a **VARSITY** meet. Enter at your own discretion but please don't put JV athletes in the meet.

ADDITIONAL INFORMATION

- Lunches/Bagels will be provided for all coaches and officials.
- A trainer will be available for treatment of injuries. Please provide your own tape and supplies.
- In case of poor weather, call (303) 956-3321 (Dominic Douglass' Cell Phone)

TIME SCHEDULE

Coaches Meeting: 1:45 pm by the Athletic Garage

Field Events will Begin at 2:00 pm

Pole Vault Boys followed by Girls
Triple Jump Boys followed by Girls
Long Jump Girls followed by Boys
High Jump Boys followed by Girls
Shot Put Girls followed by Boys
Discus Boys followed by Girls

Running Events

2:15 pm Girls 800 Sprint Medley
Boys 800 Sprint Medley
3200 Meter Relay (4x800)
100/110 Hurdles
100 Meter Dash
800 Meter Relay (4x200)
1600 Meter Run
400 Meter Relay (4x100)
400 Meter Run
300 Meter Hurdles
800 Meter Run
Paralympic 100m
200 Meter Dash
3200 Meter Run
1600 Meter Relay (4x400)
Shot Put Relay and Coaches Relay

We will be using a rolling schedule

Pole Vault – Starting Height – Boys 9’1” Feet / Girls 7 ‘7” (then move up in six-inch increments)
High Jump – Starting Height – Boys 5’6.5”/ Girls 4’6.5 (then move up in two-inch increments)

EVENT ASSIGNMENTS

Finish Line / Clerk	Valor
Hip Numbers/Registration	Highlands Ranch
Discus	Douglas County
Shot Put	Far Northeast
High Jump	George Washington
Pole Vault	Castle View
Long Jump	Ponderosa
Triple Jump	Overland
Hurdles	Eaglecrest
Exchange Zone Judges	Falcon