

# Meet Overview

## UPDATES BOLD

### Meet Overview:

Coaches, managers, and non-competitors will be expected to remain in the stands or outside the infield during competition. Athletes may warm on the grass section at the north west corner of the stadium.

**Wear your DRHS shirt at the meet to help support the team culture.** Make sure to have your uniform underneath!

If you take any awesome pictures or videos don't hesitate to share them with Coach Gysin or add them to our shared [GOOGLE PHOTO ALBUM](#)


If you post anything on Instagram don't hesitate to tag our team (@drhstf).

Any questions please contact Coach Gysin on Remind

### Entries:

\*On its own tab

### Heat Sheet:

 City of Littleton Champs Meet Program.pdf

### Schedule of Events:

\*Schedule on its own tab


This meet will have a rolling schedule, so please listen for calls, you need to be at the start by the third call. Everyone will need to be at the meet by 4:30pm

You cannot leave the meet until we have taken our team picture after the 4x400mR

### Location:

 LPS Littleton Stadium

### Meet Results:

 000 Littleton Champs Yearly Results

### Early Release:

All field events will be released at 2:45pm. You will need to be at the meet by 3:30pm

# Schedule

**RUNNING EVENTS**

Girls	Boys	The meet will move ahead of schedule when possible so please listen to the announcer
5:00 4x800m Relay	5:15 4x800m Relay	Be at the meet 1 hour early
5:25 100m Hurdles	5:35 110m Hurdles	Be at the meet by 4:30  Boosters will be providing Jimmy John's for dinner
5:45 100m Dash	5:55 100m Dash	
6:05 4x200m Relay	6:10 4x200m Relay	
6:15 1600m Run	6:25 1600m Run	
6:35 4x100m Relay	6:40 4x100m Relay	
6:45 400m Dash	6:55 400m Dash	
7:05 Senior Recognitions		
7:20 300m Hurdles	7:35 300m Hurdles	
7:50 800m Run	8:00 800m Run	
8:10 200m Dash	8:20 200m Dash	
8:30 3200m Run	8:50 3200m Run	
9:10 4 X 400m Relay	9:20 4 X 400m Relay	

**FIELD EVENTS**

<b>Girls</b>		<b>Boys</b>	The meet will move ahead of schedule when possible
4:00 Weigh Ins			Ask event coach what time to be at meet
4:30 Long Jump - North Pit	4:30 Long Jump - South Pit		Top 7 make finals
4:30 Pole Vault	Pole vault immediately starting after conclusion of boys (~6:30)		
4:30 High Jump	High Jump immediately starting after conclusion of girls (~6:30)		
4:30 Shot Put	Shot Put immediately starting after conclusion of boys (~6:30)		
Discus immediately starting after conclusion of boys (~6:30)	4:30 Discus		
Triple Jump immediately starting after completion of LJ (~6:30)	Triple Jump immediately starting after completion of LJ (~6:30)		

Entires

4 entries / event - close April 6, 2025 - 12:00pm MST

Event	Girls	Boys
100m Dash G: 5:45 B: 5:55	Lacy Bowman Rachel Henderson Phoebe Hitchcock Grace Park	Seth Gregory Troy McMullin Brady Palladino Alex Ton
200m Dash G: 8:10 B: 8:15	Quynn Cotner Grace Park Annaliese Bollacker Kate Stanford	Brady Palladino Dimitri Spano Dion Montez Alex Ton
400m Dash G: 6:45 B: 6:55	Koda Glider-Wood Rachel Henderson Danielle Miller Lily Palmer	Izaak Kith Deacon Lenhardt Troy McMullin Jonah Stevens
800m Run G: 7:50 B: 8:00	Callie Glider-Wood Emily Tipton <del>Sydney Jussel</del>	Adrien Finn Owen Robertson Logan Fugelseth
1600m Run G: 6:15 B: 6:25	Emily Tipton Erika Swanson	Grady Bahr Logan Fugelseth Adam Straub Montgomery Rowland
3200m Run G: 8:20 B: 8:40	Jaiden Miller	Wesley Willmer Will Zapotoczny
100m/110m Hurdles G: 5:25 B: 5:35	Katsiaryna Darashenka Kate Stanford Izzy Hoefler	Landon Danburg Gavin Vahle Liam Jindra
300m Hurdles G: 7:20 B: 7:35	Katsiaryna Darashenka Kate Stanford Izzy Hoefler	Landon Danburg Liam Jindra Gavin Vahle
4x100m Relay G: 6:35 B: 6:40	Berlin Bratten Sadie Rodriguez Lydia Jay Ainsley Malcolm	Alex Ton Brady Palladino Seth Gregory Dimitri Spano
4x200m Relay G: 6:05 B: 6:10	Dani Miller Lydia Jay Quynn Cotner Koda Glider-Wood	Jake Weniger Jaxson Arnold Sawyer Berzins Jonah Stevens

4x400m Relay G: 9:00 B: 9:10	Rachel Henderson Lily Palmer Lacy Bowman Grace Park	Jake Weniger Nate Rodriguez Jaxson Arnold Sawyer Berzins
4x800m Relay G: 5:00 B: 5:15	Lily Palmer Sydney Jussel Callie Glider-Wood Emily Tipton	Adam Straub Will Zapotoczny Wesley Willmer Grady Bahr
High Jump G: 4:30 B: After girls	Audrina Heath Lily Palmer Grace Park	Caiden Dixon Liam Jindra Adam Straub
Long Jump G: 4:30 B: 4:30	Lacy Bowman Berlin Bratten Ainsley Malcolm Josephine Tran	Diego Coria Caiden Dixon Troy McMullin Parker Stewart
Triple Jump G: After long jump B: After long jump	Lacy Bowman Berlin Bratten Lydia Jay Josephine Tran	Landon Danburg
Pole Vault G: 4:30 B: After girls	Amber Sutton	
Discus G: After boys B: 4:30	Natalie Holman Makaila Jackson Danielle Miller Emilia Wsol	Nickolas Jay Alex Sanchez William Wojciehoski Quincy Bussey
Shot Put G: 4:30 B: After girls	Natalie Holman Makaila Jackson Danielle Miller Emilia Wsol	Nickolas Jay Jimmy Newman William Wojciehoski Zack Wolfinger

\*All field events will be released early at 2:45pm