# 2026 Runners Roost of Fort Collins Invitational Track and Field Meet

We are excited to host the **25th Annual Runners Roost Invite** on **Saturday, March 21st @ PSD Stadium in Timnath on the Timnath Middle / High School campus**. One of the premier **state-qualifying meets** will showcase some of the top talent from across **Colorado and Wyoming**. This year's competition promises high-level performances, outstanding sportsmanship, and an electric atmosphere as athletes compete for state qualifying marks.

## Invite Start Times for Weigh Ins, Coaches Meeting, Field Events, & Running Events:

- **Weight Ins:** 7:00 a.m.
- **Coaches Meeting:** 7:15 a.m.
- **Field Events:** 8:00 a.m.
- **Running Events:** 8:00 a.m.

## Meet Entry Details:

- **3 entries per individual event** per team
- **1 relay team per relay event** per team
- All entries completed online at **co.milesplit.com**
- Entries open: **12:00 a.m. Thursday, February 19**
- Entries close: **8:00 p.m., Thursday, March 19**
- No substitutions or additions
- **Password:** RunnersRoost26

## Entry Fees & Individual Entries:

- **$200 per team (Boys or Girls)**
- **$350 per school (Boys & Girls)**
- Make checks payable to **Fort Collins High School Track & Field**
- Please mail entry fees prior to the meet to 3400 Lambkin Way, Fort Collins, CO 80525
- $10 per athlete per event
- Contact **Jeff Brennan** at **jbrennan@psdschools.org** for details

## Estimated Starting Heights & Progression:

**High Jump**

- **Boys:** 5'6" (progression up 2")
- **Girls:** 4'6" (progression up 2")

**Pole Vault**

- **Boys:** 9'0", 10'0", 11'0" then up 6"
- **Girls:** 7'0", 8'0", 9'0" then up 6"

## Estimated Minimum Measurements: *(Top 9 advance to finals)*

| Event | Boys | Girls |
|---|---|---|
| Discus | 110'0 | 80'0 |
| Shot Put | 38'0 | 27'0 |
| Long Jump | 18'0 | 15'0 |
| Triple Jump | 37'0 | 29'0 |

**Courtesy Marks:**
We will measure the first legal mark / attempt then any other mark / attempt that meets the event minimum.

## Additional Invite Coaches & Athlete Information:

1. **Coach Meeting:**
   - Coaches & Officials headquarters at the north end of the track, 7:00 AM.
2. **Spikes:**
   - 3/16-inch spikes only
   - No spikes allowed in the stands
3. **Warm-Up Area:**
   - Designated area on turf - the infield of the stadium.
4. **Field Events:**
   - Report directly to your event site.
5. **Running Events:**
   - Check in and receive a hip number at the tent in the **northwest corner** of the track at the Check-In Tent
   - Then report to the **Clerk of Course** at the event's starting line
6. **Trainer:**
   - A trainer will be available during the meet
7. **Equipment:**
   - Starting blocks will be provided
   - Each school must provide its own batons
8. **Weigh-Ins (7:00 AM):**
   - **Shot Put & Discus Implements:** @ the site of each event (discus northwest corner of the facility, shot put southwest corner of the facility)
   - **Pole Vault Athletes:** @ the pole vault area (south end of the facility)
9. **Scoring:**
   - **Top 8** places scored per event: **10-8-6-5-4-3-2-1**
10. **Restricted Areas:**
    - **Shot put & discus sectors are restricted to coaches**
    - Designated filming boxes will be available
    - A flagged infield section will remain closed for visibility and safety

## 🏆 Team Awards:

Each **division champion** will be awarded a **team plaque / trophy** in recognition of their outstanding team performance. We look forward to welcoming some of the best teams in the region for a day of elite competition and celebration of high school track & field excellence.

## 🏆 Individual Awards:

- Individual event winners receive a **Runners Roost Invite Champion T-Shirt**
- **Most Valuable Athlete (Boys & Girls)** receive an **MVA T-Shirt**

## 🌧️ Inclement Weather:

If the weather appears questionable, you may call: 📞 303-653-1631 (Coach Brennan)
A decision will be made by 5:00 a.m. on the day of the meet. A message will be posted if the meet is canceled.
If there is no message, assume the meet is on.

## ❓ Questions:

Please contact: Jeff Brennan, 📞 303-653-1631, 📧 jbrennan@psdschools.org

# Runners Roost Invite Site Information

**PSD Stadium Address: 4550 E Prospect Rd, Fort Collins, CO 80525**

**Bus Drop Off & Parking:** Drop off athletes & coaches @ the north end of the stadium. Buses can park in the parking lot located to the northeast of the stadium.

**Facilities:**

- No locker rooms available
- Restrooms located on the **south end** of the stadium on the east and west sides.

**Meals**

- **Breakfast** available for coaches at the start of the meet (coaches and officials headquarters)
- **Lunch** provided for coaches, officials, and meet volunteers
- No meals provided for student athletes
- Concessions available for athletes and spectators

**Admissions:**

- **$5 per individual**
- **Kids 14 & under: Free**
- **Students with school ID: Free**

**Concessions:** Available throughout the meet

- Pizza, hot dogs, popcorn, candy, soda, water, gatorade

## Girls Runners Roost Invite Records

| Event | Name | Mark | School | Year |
|---|---|---|---|---|
| 100m | Koopman | 11.92 | Fort Collins | 2015 |
| 200m | Mathelier | 24.87 | Mountain Vista | 2026 |
| 400m | Coats | 55.83 | Mountain Range | 2015 |
| 800m | Edwards | 2:11.59 | Littleton | 2011 |
| 1600m | Gregory | 4:58.55 | Fort Collins | 2017 |
| 3200m | Berg | 10:32.26 | Fossil | 2025 |
| 100m High Hurdles | Gilbertson | 14.04 | Mountain Range | 2016 |
| 300m Low Hurdles | Gove | 43.41 | Highlands Ranch | 2005 |
| 4x100m Relay | Smith-Mathelier-Besch-Wilson | 48.61 | Mountain Vista | 2026 |
| 4x200m Relay | Youde-Thomas-Wilson-Fischer | 1:42.92 | Grandview | 2026 |
| 4x400m Relay | | 3:56.54 | Littleton | 2011 |
| 4x800m Relay | | 9:35.61 | Mullen | 2008 |
| 800m Medley Relay | | 1:46.63 | Loveland | 2012 |
| High Jump | Paul | 5’8” | Poudre | 2014 |
| Pole Vault | Coscetti | 12’6” | Manitou Springs | 2022 |
| | Rathke | 12’6” | Peak to Peak | 2023 |
| Long Jump | Evans | 19’ 3” | Vista Peak | 2015 |
| Triple Jump | Williams | 38’8.75” | Eaglecrest | 2012 |
| Shot Put | Stevens | 45’7.75” | Fort Collins | 2004 |
| Discus | Allman | 183’ 3” | Silver Creek | 2013 |

## Outstanding Girls Athlete Award

| | | | | | |
|---|---|---|---|---|---|
| 2004 | Sarah Stevens | Fort Collins | 2017 | Lauren Gregory | Fort Collins |
| 2005 | Gove | Highlands Ranch | 2018 | Gabriella McDonald | Rocky Mountain |
| 2006 | Dani Parry | Rocky Mountain | 2019 | Taryn Burkett | Fort Collins |
| 2007 | Sara Coco | Fairview | 2020 | | |
| 2008 | Laura Palmere | Mullen | 2021 | | |
| 2009 | Anne Kunz | Wheat Ridge | 2022 | Ella Hagen | Summit |
| 2010 | Clare Gallagher | Cherry Creek | 2023 | Kourtney Rathke | Peak to Peak |
| 2011 | Kaela Edwards | Littleton | 2024 | Gabriella Cunningham | Grand View |

| | | |
|---|---|---|
| 2012 | Kaylee Packham | Loveland |
| 2013 | Valarie Allman | Silver Creek |
| 2014 | Josie Natrasevschi | Fort Collins |
| 2015 | Maya Evans | Vista Peak |
| 2016 | Becca Schulte | Fort Collins |
| 2025 | Brooke Schimdt | Wiggins |
| | Nevaeh Winfrey | Rocky Mountain |
| 2026 | Brooke Schimdt | Wiggins |
| | Rylan Petree | Rifle |

## Girls Team Champion

| | | |
|---|---|---|
| 2006 | Rocky Mountain | 102 points |
| 2007 | Cheyenne Central | 83 points (Rained Out) |
| 2008 | Mullen | 83 points |
| 2009 | Rocky Mountain | 113.25 points |
| 2010 | Chaparral | 84 points |
| 2011 | Loveland | 91 points |
| 2012 | Loveland | 123 points |
| 2013 | Fort Collins | 185 points |
| 2014 | Fort Collins | 267 points |
| 2015 | Fort Collins | 109 points |
| 2016 | Fort Collins | 122 points |
| 2017 | Fort Collins | 169 points |
| 2018 | Fort Collins | 127 points |
| 2019 | Fort Collins | 131 points |
| 2020 | | |
| 2021 | | |
| 2022 | Fossil Ridge | 119.4 points |
| 2023 | Natrona County | 102 points |
| 2024 | Windsor | 86 points |
| 2025 | Fossil | 105 points |
| 2026 | Rocky Mountain | 68 points |

# Boys Runners Roost Invite Records

| Event | Name | Mark | School | Year |
|---|---|---|---|---|
| 100m | Bozmans | 10.54 | Fort Collins | 2012 |
| 200m | Bozmans | 20.87 | Fort Collins | 2012 |
| 400m | Underwood | 47.17 | Mead | 2023 |
| 800m | Ruhl | 1:55.43 | Smoky Hill | 2012 |
| 1600m | Sheesley | 4:22.19 | Fort Collins | 2014 |
| 3200m | Appel | 9:15.20 | Dakota Ridge | 2008 |
| 110m HH | Ames | 13.73 | Cheyenne Central | 2007 |
| 300m Hurdles | Crochet | 37.42 | Boulder | 2000 |
| 4x100m Relay | Rose-Ruff-Mozer-Ruff | 41.61 | Fort Collins | 2026 |
| 4x200m Relay | Holley-Larson-Emery-Wilbourn | 1:28.32 | Rocky Mountain | 2026 |
| 4x400m Relay | | 3:21.81 | Fort Collins | 2006 |
| 4x800m Relay | | 8:06.31 | Smoky Hill | 2011 |
| 800m Medley Relay | | 1:34.76 | Poudre | 2011 |
| High Jump | Campbell | 6’11” | Regis Jesuit | 2015 |
| Pole Vault | Barlow | 16’3.5” | Monarch | 2015 |
| Long Jump | Moore | 22’9.75” | Fort Collins | 2019 |
| Triple Jump | Harris | 46’7.5” | George Washington | 2008 |
| Shot Put | Finley | 65’9” | Buena Vista | 2009 |
| Discus | Finley | 199’3” | Buena Vista | 2009 |

## Outstanding Boy Athlete Award

| | | |
|---|---|---|
| 2004 | A. Merrill/J. Banks | FCHS/Greeley West |
| 2005 | David Eischeid | Longmont |
| 2006 | J.T. Scheuerman | Littleton |
| 2007 | Ames | Cheyenne Central |
| 2008 | Appel | Dakota Ridge |
| 2009 | Mason Finley | Buena Vista |
| 2010 | Carzell Vickers | Valor Christian |
| 2011 | Andrew Goodman | Palmer |
| 2012 | Raymond Bozmans | Fort Collins |
| 2013 | Dominique Hill | Cheyenne East |
| 2014 | Luke Sheesley | Fort Collins |
| 2015 | A.Barlow/A.Campbell | Monarch/Regis Jesuit |
| 2016 | Thomas Robillard | Fort Collins |
| 2017 | Corbin Mayes | Liberty Common |
| 2018 | Drew Seidel | Wheatridge |
| 2019 | Elijah Williams | Gateway |
| 2020 | | |
| 2021 | | |
| 2022 | Mohammed Ibrahim | Wiggins |
| 2023 | Tavon Underwood | Mead |
| 2024 | Mikey Munn | Windsor |
| 2025 | Cadel Ruthven | Fort Collins |
| | Austin Prost | Steamboat Springs |
| 2026 | Caleb Emery | Rocky Mountain |
| | D’Aaron Stewart | Grandview |

# Boys Team Champion

| | | |
|---|---|---|
| 2006 | Littleton | 67 points |
| 2007 | Cheyenne Central | 87 points (Rained out) |
| 2008 | George Washington | 74 points |
| 2009 | Poudre | 78.5 points |
| 2010 | Fort Collins | 64 points |
| 2011 | Fort Collins | 80 points |
| 2012 | Fort Collins | 103 points |
| 2013 | Fort Collins | 172 points |
| 2014 | Fort Collins | 279 points |
| 2015 | Fort Collins | 109 points |
| 2016 | Fort Collins | 194 points |
| 2017 | Fort Collins | 133 points |
| 2018 | Fort Collins | 107 points |
| 2019 | Fort Collins | 113 points |
| 2020 | | |
| 2021 | | |
| 2022 | Rocky Mountain | 96.5 points |
| 2023 | Fort Collins | 75.5 points |
| 2024 | Fort Collins | 89 points |
| 2025 | Fort Collins | 113 points |
| 2026 | Fort Collins | 89 points |