



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	2025	Brooke Schimdt	Wiggins
2013	Valarie Allman	Silver Creek		Nevaeh Winfrey	Rocky Mountain
2014	Josie Natrasevski	Fort Collins	2026	Brooke Schimdt	Wiggins
2015	Maya Evans	Vista Peak		Rylan Petree	Rifle
2016	Becca Schulte	Fort Collins			

Girls Team Champion

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

Boys Runners Roost Invite Records

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

Boys Team Champion

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