Continental League Relays
Saturday, March 11, 2023
Echo Park Stadium
Hosted by Mountain Vista HS

$5 Entrance Fee for All Spectators (Cash Only)

Schedule of Events

8:30 Coaches Meeting (At the start/finish line)
9:00 Discus (Girls followed by boys)
Shot Put (Boys followed by girls)
High Jump (Boys followed by girls) (Opening heights- 5'0"/4'0")
Pole Vault (Girls followed by boys) (Opening heights- 6'0"/8'0")
Long Jump (Boys followed by girls)
Triple Jump (Girls followed by boys)
9:00 2 Mile Team Race (1 Heat for each gender/CC Scoring)
9:40 400/440 Hurdle Relay (4 x heats, scored XC by overall place)
10:10 6400m Relay (4x1600: Girls Section)
10:40 400m Relay (4x100)
11:00 3200m Relay (4x800)
11:30 800m Relay (4x200)
11:55 Distance Medley Relay (1200-400-800-1600)
12:25 Sprint Medley Relay (100-100-200-400)
12:45 1600m Medley Relay (200-200-400-800)
1:05 6400m Relay (4x1600: Boys Section)
1:30 1600m Relay (4x400)
1:55 Weight Person's Relay (4x100)

**All events are girls first followed by boys

**This is a tentative time schedule. We will not run ahead of schedule unless for weather, so please make sure coaches and athletes are watching and listening. Rest time for athletes

**Weigh-ins begin at 8:00 am

Starting Height for High Jump and Pole Vault
Boys high jump will start at 5'0" then move by three-inch increments until 5'6" and then by two-inch increments from then on. Girls high jump will start at 4'0" then move up by three-inch increments until 4'6", and then by two inch increments from then on. Boys pole vault will start at 8'0" then move by 12-inch increments until 10'0", and then 6-inch increments from then on. Girls pole vault will start at 6'0" then move by 12-inch increments until 8'0", and then by 6-inch increments from then on. Scoring will be the sum of all athletes performances.

Shot Put, Discus, Long Jump, & Triple Jump: (flights by School)
We will run 3-4 flights of each of these events. You will compete with all 4 athletes in the same flight by school. 3-3-3-2 OR 4-4-3 depending on number of full teams. Each athlete will be allowed four attempts, and all marks will be measured.

Hurdles
At Echo Park, we can't run shuttle relay. We run heats vs. time. All four runners will be placed in heats. We will print all finishers and score based on place like in XC style. Points will be awarded for full teams, but incomplete teams will be able to compete. A tie will be broken by best individual place.

2-Mile Team Relay
This race will be run cross country style. At the end of the race, we will add up 4 runner places and score XC style. Ties will be broken by best finisher on your team.

6400m Relay, 3200m Relay, and DMR
These events will be run with only one heat of each.

Weight Person's Relay
In order to run the weight man relay, all four competitors must have competed in either the shot put or the discus. ** This is not a scored event.

Running Relays Events
The rest of the events will be run in two heats that will be randomly seeded. You do not need to send in seed times. Places will be determined by time.

Scoring
10-8-6-5-4-3-2-1

Worker Assignments- Please provide at least one adult worker to run the event. You may use kids to help out the adult. ALL Coaches help with hurdles.

Castleview: Pole Vault
Chaparral: Long Jump BOYS
Douglas County: Discus BOYS
Heritage: Discus GIRLS
Highlands Ranch: Long Jump GIRLS
Legend: High Jump
Mountain Vista: Timers, Clerk of the Course, Starter, Scorers, Stadium Announcer, Hurdle Crew, Awards
Ponderosa: Exchange Zone Judges
Regis: Shot Put BOYS
Thunderridge: Triple Jump
Rock Canyon: Shot Put GIRLS

**Schools assigned to long jump, triple jump, shot put, and discus must provide their own tape measures.

**All schools running field events must have at least one adult in charge of running the designated event.