

Boulder Invite 1 & 2 V & JV Meet 3/7/09 and 3/14/09

9:00 Field events ---updated 2/28/09 We will run ahead of schedule if possible.

Pole Vault (girls) start at 5', 6', 7' then by 6"

Shot Put –Boys (4) throws no finals

Discus Girls follows-(4) throws no finals

High Jump Boys –

Long Jump (Girls) (4) jumps no finals,

Long Jump (boys) (4) jumps no finals -

At approx 12:00 or after the morning events

Pole Vault Boys start at 7', 8', 9' then by 6"

Shot Put -Girls (4) throws no finals

Discus Boys -(4) throws no finals

High Jump Girls –

Triple Jump girls (4) jumps no finals

Triple Jump boys (4) jumps no finals

9:30 - Sprint Medley (g) (3 Heats)

9:50 - 4 x 800 (g) – (1 Heat)

4 x 800 (b) – (1 Heat)

10:20 - 100m Hurdles- (North side of Track) (Heats, 6 runners per school)

110m High Hurdles-(South side of Track) (Heats, 6 runners per school)

10:55 - 100m (g) (North side of Track) (Heats, 6 runners per school)

100m (b) -(South side of Track) (Heats, 6 runners per school)

11:40 - 4 x 200 (g)- (3 Heats)

12:00 4 x 200 (b)- (3 Heats)

12:20 – 1600m (g) – (2 Heats, 6 runners per school max)

12:40 - 1600m (b) – (2 Heats, 6 runners per school max)

12:55 - 4 x 100 (g) (3 Heats)

1:15 4 x 100 (b), (3 Heats)

1:35 - 400m (g)- (6 Heats, 6 runner per school)

2:00 - 400m (b)- (7 Heats, 6 runners per school)

2:35 - 300m Low Hurdles (g) (6 heats, 6 runners per school)

3:00 - 300m Int Hurdles (b)- (6 heats, 6 runners per school)

3:25 - 800m (g) – (3 Heats/ 6 runners per school)

3:40 800m (b) –, (3 Heats/ 6 runners per school)

4:00 - 200m (g)-, (6 Heats/ 6 runners per school)

4:25 - 200m (b)- (6 Heats/ 3 runners per school)

4:50 - 3200 (g) – (1 Heat)

5:10 - 3200 (b) – (1 Heat)

5:30 - 4 x 400 (g) –, (3 Heats)

5:50 4 x 400 (b)- (3 Heats)

Here is each schools event to work;

PV- Girls & Boys-Boulder- Both meets

HJ- Girls Monarch (7th) Battle Mountain (14th)

LJ –Girls Broomfield (7th) Niwot (14th)

TJ –Girls Thornton (7th) Lincoln (14th)

Discus- Girls Pomona (7th) Silver Creek (14th)

Shot-Girls- Lyons (7th) Eaglecrest (14th)

Timers/pickers – Boulder, (Both)

Relay exchanges we will need help, computer help?

Boys- Silver Creek (7th)

Boys–Longmont (7th)

Boys- Roosevelt (7th)

Boys- Niwot (7th)

Boys–Fairview (7th)

Broomfield (14th)

Monarch (14th)

Ft Lupton (14th)

Denver South (14th)

Longmont- (14th)