

2009 Dakota Ridge Invitational Schedule

****Due to the large number of schools attending, each school may enter 2 individuals per event and 1 relay team (girls only in the 800 M Medley Relay).**

8:00—Coaches Meeting (Scratches ONLY, NO Adds, Pole Vault Check, Shot and Disc Implement Weigh In).

8:30—Girls 100 M High Hurdles (Prelims)

8:55—Boys 110 M High Hurdles (Prelims)

9:20—Girls 100 M Dash (Prelims)

9:45—Boys 100 M Dash (Prelims)

10:10—Girls 3200 M Run (Finals-Heat 1-Invite)

10:30—Boys 3200 M Run (Finals-Heat 1-Invite)

10:50—Girls 200 M Dash (Prelims)

11:15—Boys 200 M Dash (Prelims)

--OFFICIALS BREAK--

11:45—Girls 800 M Medley (Finals Heats v Time)

12:00—Girls 4 x 800 M Relay (Finals-1 Heat)

12:15—Boys 4 x 800 M Relay (Finals-1 Heat)

12:30—Girls 100 M High Hurdles (Finals-1 Heat)

12:40—Boys 110 M High Hurdles (Finals-1 Heat)

12:50—Girls 100 M Dash (Finals-1 Heat)

12:55—Boys 100 M Dash (Finals-1 Heat)

1:05—Girls 4 x 200 M Relay (Finals-Heats v Time)

1:15—Boys 4 x 200 M Relay (Finals-Heats v Time)

1:25—Girls 1600 M Run (Finals-Heats v Time)

1:40—Boys 1600 M Run (Finals-Heats v Time)

1:55—Girls 4 x 100 M Relay (Finals-Heats v Time)

2:05—Boys 4 x 100 M Relay (Finals-Heats v Time)

2:15—Girls 400 M Run (Finals-Heats v Time)

2:35—Boys 400 M Run (Finals-Heats v Time)

2:55—Girls 300 M LH (Finals-Heats v Time)

3:20—Boys 300 M HH (Finals-Heats v Time)

3:45—Girls 800 M Run (Finals-Heats v Time)

4:00—Boys 800 M Run (Finals-Heats v Time)

4:15—Girls 200 M Dash (Finals-1 Heat)

4:20—Boys 200 M Dash (Finals-1 Heat)

4:25—Girls 3200 M Run (Finals-Heat 2)

4:45—Boys 3200 M Run (Finals-Heat 2)

5:05—Girls 4 x 400 M Relay (Finals-Heats v Time)

5:25—Boys 4 x 400 M Relay (Finals-Heats v Time)

5:50-6:00—Results/Awards!

9:00—Girls Pole Vault, Girls Triple Jump, Girls High Jump, Boys Long Jump, Girls Shot Put, Boys Discus.

12:30—Boys Pole Vault, Boys Triple Jump, Boys High Jump, Girls Long Jump, Boys Shot Put, Girls Discus.

--We will stick to the schedule but may run ahead if necessary--

Site: Jefferson County Public Stadium (Kipling and W. 6th Avenue)

Date: Saturday, April 25th, 2009—Running Events (8:30am), Field Events (9:00am), Coaches Meeting (8:00am).

Entry Fee: \$100 per team or \$200 per school. Please submit a check to Dakota Ridge High School or Jeffco Schools transfer to: SR030-451000-SR030-1776-73800. Parents/Spectators: \$5.

Entries: Each school may enter TWO individuals per event and ONE relay per event. We will be emailing you a Hy-Tek file once it is constructed. You will need to have Hy-Tek Meet Manager or Meet Manager 2.0 Lite to add your entries. You can get the Lite version for free at: <http://hy-tek.com/downloads.html>. Once you have completed your entries, attach them to an email and send them to: jeffcotrackmeets@gmail.com.

Food: Breakfast (Bagels and Cream Cheese) and lunch (hopefully Qdoba) will be provided to coaches and workers, there will be a concession stand open for athletes and parents.

Awards: Will be given to the top eight finishers--10,8,6,5,4,3,2,1 (scoring will also follow the same protocol), with team trophies for the top girls and boys teams. I am also hoping to get custom t-shirts for the winners of each event!

Starting Heights: Boys High Jump: 5'4", Girls High Jump: 4'4", Boys Pole Vault: 9', Girls Pole Vault: 6'

Trash: Please make sure to clean up your area before you leave.

We look forward to having you!

**Mike Callor
Mike Clark
Dakota Ridge High School
Track and Field**