

**April 24<sup>th</sup>, 2010 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).**

**7:00—Coaches Meeting (Scratches ONLY, NO Adds, Pole Vault Check, Shot and Disc Implement Weigh In).**

**9:30—Girls 100 M High Hurdles (Prelims)**

**9:50—Boys 110 M High Hurdles (Prelims)**

**10:10—Girls 100 M Dash (Prelims)**

**10:30—Boys 100 M Dash (Prelims)**

**10:50—Girls 3200 M Run (Finals-Heat 1-Invite)**

**11:10—Boys 3200 M Run (Finals-Heat 1-Invite)**

**11:25—Girls 200 M Dash (Prelims)**

**11:45—Boys 200 M Dash (Prelims)**

**--OFFICIALS BREAK--**

**12:15—Girls 800 M Medley (Finals Heats v Time)**

**12:25—Girls 4 x 800 M Relay (Finals-1 Heat)**

**12:40—Boys 4 x 800 M Relay (Finals-1 Heat)**

**12:50—Girls 100 M High Hurdles (Finals-1 Heat)**

**1:00—Boys 110 M High Hurdles (Finals-1 Heat)**

**1:10—Girls 100 M Dash (Finals-1 Heat)**

**1:20—Boys 100 M Dash (Finals-1 Heat)**

**1:30—Girls 4 x 200 M Relay (Finals-Heats v Time)**

**1:40—Boys 4 x 200 M Relay (Finals-Heats v Time)**

**1:50—Girls 1600 M Run (Finals-Heats v Time)**

**2:00—Boys 1600 M Run (Finals-Heats v Time)**

**2:10—Girls 4 x 100 M Relay (Finals-Heats v Time)**

**2:20—Boys 4 x 100 M Relay (Finals-Heats v Time)**

**2:30—Girls 400 M Run (Finals-Heats v Time)**

**2:40—Boys 400 M Run (Finals-Heats v Time)**

**2:50—Girls 300 M LH (Finals-Heats v Time)**

**3:00—Boys 300 M HH (Finals-Heats v Time)**

**3:10—Girls 800 M Run (Finals-Heats v Time)**

**3:20—Boys 800 M Run (Finals-Heats v Time)**

**3:30—Girls 200 M Dash (Finals-1 Heat)**

**3:40—Boys 200 M Dash (Finals-1 Heat)**

**3:50—Girls 3200 M Run (Finals-Heat 2)**

**4:05—Boys 3200 M Run (Finals-Heat 2)**

**4:15—Girls 4 x 400 M Relay (Finals-Heats v Time)**

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

**5:30—Results/Awards!**

**8:00—Girls Pole Vault, Girls Triple Jump, Girls High Jump, Boys High Jump, Boys Long Jump, Girls Shot Put, Boys Discus.**

**12:30—Boys Pole Vault, Boys Triple 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. 6<sup>th</sup> Avenue)**

**Date: Saturday, April 24<sup>th</sup>, 2010—Running Events (9:30am), Field Events (8:00am), Coaches Meeting (7:00am). .**

**Parents/Spectators: \$5.**

**Entries: Each school may enter TWO individuals per event and ONE relay per event. ENTRIES ARE DUE BY 6:00 pm ON SUNDAY APRIL 18<sup>th</sup>. THESE WILL BE FINAL ENTRIES, THERE WILL BE NO SUBS OR ADDS, SCRATCHES ONLY!!!**

**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. There will also be 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'**