

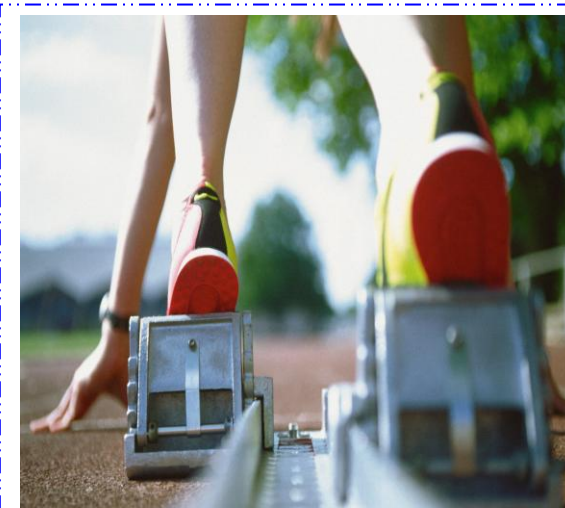
APPROXIMATE TIME SCHEDULE

- 3:15 pm Coaches Scratch Meeting
3:15 pm Officials Report
3:30 pm Girls' 6400 Meter Team Relay (Race) (4 X 1600)
3:45 pm Boys' 6400 Meter Team Relay (Race) (4 X 1600)
3:55 pm Girls' 400 Meter Shuttle Hurdle Relay (4 X 100H)
4:05 pm Boys' 440 Meter Shuttle Hurdle Relay (4 X 110 HH)
4:15 pm Girls' 400 Meter Relay (4 X 100)
4:20 pm Boys' 400 Meter Relay (4 X 100)
4:25 pm Girls' 800 Meter Medley Relay (100-100-200-400)
4:35 pm Boys' 800 Meter Medley Relay (200-100-100-400)
4:40 pm Girls' 3200 Meter Relay (4 X 800)
4:50 pm Boys' 3200 Meter Relay (4 X 800)
5:00 pm Girls' 1200 Meter Relay (4 X 300)
5:10 pm Boys' 1200 Meter Relay (4 X 300)
5:15 pm Girls' 800 Meter Relay (4 X 200)
5:20 pm Boys' 800 Meter Relay (4 X 200)
5:25 pm Girls' Distance Medley Relay (800-400-1200-1600)
5:35 pm Boys' Distance Medley Relay (800-400-1200-1600)
5:45 pm Girls' 1600 Meter Relay (4 X 400)
5:55 pm Boys' 1600 Meter Relay (4 X 400)
6:00 pm Girls' 1600 Meter Medley Relay (200-200-400-800)
6:05 pm Boys' 1600 Meter Medley Relay (200-200-400-800)
6:10 pm Girls' 3200 Meter Team Race
6:25 pm Boys' 3200 Meter Team Race
6:45 pm Girls' Throwers' Relay (4 x 100)
6:50 pm Boys' Throwers' Relay (4 x 100)

Rules

1. Entries – one team per relay per school.
2. An athlete may not enter more than four events (track and field combined).
3. All heats are timed and final. Winners will be determined accordingly.
4. Coaches and athletes not participating or warming up are to remain in the stands. Keep the finish line clear. Managers are not allowed on the track.
5. Meet will be scored 10-8-6-5-4-3-2-1. The Throwers' Relay will not count toward team points.
6. Only throwers who participate in the shot and/or discuss field relays can run in the Throwers' Relay.
7. The time schedule is approximate. Events will begin at the earliest opportunity.

JEFFERSON COUNTY 61st ANNUAL LEAGUE RELAYS



Wednesday
April 21, 2010

**JEFFERSON COUNTY
LEAGUE RELAYS TRACK EVENTS**

1. 6400 Meter Team Relay (4 X 1600). One Heat. Waterfall start. Score cross-country style.
2. **Boys'** 440 Meter Shuttle Hurdle Relay (4 X 110 High Hurdles). Four runners constitute a team; each runs 110 meters over 10 hurdles. Hurdlers must remain in their blocks until the incoming runner enters the exchange zone, which is 4 feet from the starting line. Officials will disqualify teams which violate the rule.

Girls' 400 Meter Shuttle Relay (4 X 100 Hurdles). Four runners constitute a team; each runs 100 meters over 10 hurdles. Hurdlers must remain in their blocks until the incoming runner enters the exchange zone, which is 4 feet from the starting line. Officials will disqualify teams which violate the rule.
3. 400 Meter Relay (4 X 100). Two turn stagger. All runners remain in assigned lanes. Olympic exchange (acceleration zone) may be used.
4. 800 Meter Medley Relay (200-100-100-400/Boys' and 100-100-200-400/Girls'). Two heats. Two turn stagger. The first three runners remain in their lanes. Fourth runner may cut to the pole (inside lane) after gaining possession of the baton. Olympic exchange may be used.
5. 3200 Meter Relay (4 X 800). 4 Box Start. Runners will break after the 1st turn. S.E. Corner
6. 1200 Meter Relay (4 X 300). Two-turn stagger. The first runner remains in assigned lane. The second runner may cut to the pole (inside lane) after reaching the straightaway. Third and fourth runners scramble.
7. 800 Meter Relay (4 X 200). Four-turn stagger. Race is run in lanes the entire distance.
8. Distance Medley Relay (800-400-1200-1600). 4 box start. Run in alleys to the green break line at the SE corner. Second, third, and fourth runners scramble. More than nine teams run box start.
9. 1600 Meter Relay (4 X 400). Three-turn stagger. The first runner remains in assigned lane. The second runner must stay in lane until they have rounded the curve and then cut at the green line. Third and fourth runners scramble.
10. 1600 Meter Medley Relay (200-200-400-800). Two-turn stagger. The 1st and 2nd runners remain in assigned lanes. The 3rd and 4th runners may cut immediately after the exchange.
11. 3200 Meter Team Race. Two man race. Score cross country style.
12. Throwers' Relay (4 X 100). Two-turn stagger. All runners remain in assigned lanes. Olympic exchange may be used.

**JEFFERSON COUNTY
LEAGUE RELAYS FIELD EVENTS**

Each School will have 4 participants representing their school to be eligible for each event.

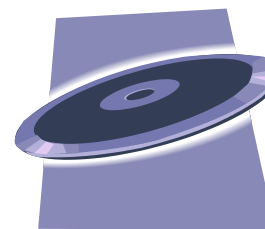
Top event performers will be in the last heat for each event.

There will be four heats for each event. Each heat will have one athlete from each school. Each athlete will have 3 total attempts.

Field Event Schedule

Field Events Begin at 2:00pm

Girl's Shot Put	Boy's Follow Immediately after Completion
Girl's Long Jump	Boy's Follow Immediately after Completion
Girl's Pole Vault	Boy's Follow Immediately after Completion
Boy's Discus	Girl's Follow Immediately after Completion
Boy's High Jump	Girl's Follow Immediately after Completion
Boy's Triple Jump	Girl's Follow Immediately after Completion



**BOYS - JEFFERSON COUNTY LEAGUE RELAYS
2009-2010**

<u>400 METER RELAY</u> (Herblan, Lowry, Marsh, Pascal)	Arvada West 42.70	2002	
<u>440 METER SHUTTLE HURDLE RELAY</u> (Webber, Olsen, Paradise, Crumb)	Bear Creek 1:01.13	1996	
<u>800 METER RELAY</u> (Herblan, Lowry, Marsh, Pascal)	Green Mountain 1:29.70	2002	
<u>800 METER MEDLEY RELAY</u> (Burton, Drumright, Beauchamp, Valasquez)	Arvada West 1:34.24	1985	
<u>1200 METER RELAY</u> (Oskvarek, Burton, Schneider, Velasquez)	Arvada West 2:26.03	1985	
<u>1600 METER RELAY</u> (Grinshaw, Faulkner, Vincent, Siegfried)	Bear Creek 3:23.42	1987	
<u>1600 METER MEDLEY RELAY</u> (Jarred Timmin, Nick Archuleta, Nate Butler, Eric Hein)	Green Mountain 3:37.93	1989	
<u>3200 METER TEAM RACE</u> (Fagan, McQuire) (Kelly, Straubinger) (McGuire, Straubinger) (Schwaderer, Wahlers)	Bear Creek D'Evelyn D'Evelyn Wheat Ridge	3 points 3 points 3 points 3 points	1994 2000/2001 2002 2003
<u>3200 METER RELAY</u> (Tonton, Klose, Wetz, Reese)	Wheat Ridge 8:04.18	1994	
<u>DISTANCE MEDLEY RELAY</u> (Kubitschek, Hume, Hubert, Kubitschek)	Green Mountain 10:49.18	1986	
<u>6400 METER RELAY</u> (Hobson, Feduschek, Dunne, Raveling) (John McGuire, Ross Blahnik, Will Nemirow, Kevin Williams)	Alameda 18:32.35 D'Evelyn 10 points	1984 2005	
<u>HIGH JUMP RELAY</u> (Weaver, Weins, Cawley, Lang)	Arvada 25'0	1994	
<u>POLE VAULT RELAY</u> (Boulacker, Schultz, Clifton, Daley)	Bear Creek 49'6"	1994	
<u>LONG JUMP RELAY</u> (Liggett, Lindblom, Rippley, Smith)	Standley Lake 84'8"	1994	
<u>TRIPLE JUMP RELAY</u> (Ramos, Tyrrell, Bisque, Niedzielski)	Arvada West 169' 10 ^{1/2} "	1983	
<u>SHOT PUT RELAY</u> (Carvalho, LaValley, Mcoveran, Moorman)	Pomona 195' 8"	2005	
<u>DISCUS THROW RELAY</u> (Kline, Ripsam, Mally, Glenn)	Pomona 596'9"	1984	
<u>WEIGHTMEN'S RELAY</u> (Kline, Ripsam, D'Ascoli, Glenn)	Pomona 45.86	1984	

**GIRLS - JEFFERSON COUNTY LEAGUE RELAYS
2009-2010**

<u>400 METER RELAY</u> (D. Stubbs, L. Millman, Katie Osbourn, Shari Thompson)	Wheat Ridge 49.78	1981	
<u>400 METER SHUTTLE HURDLE RELAY (33")</u> (Katie Bugbee, Christina Davia, Amanda Olsen, Julie Head)	Bear Creek 1:07.48	1996	
<u>800 METER RELAY</u> (Lauren Riley, Anne Zentner, Julie Hall, Kim Harsch)	Green Mountain 1:44.98	1983	
<u>800 METER MEDLEY RELAY</u> (Janet Willmon, Peggy VanSant, Natalie Barta, Maureen Bookstrom)	Lakewood 1:47.93	1985	
<u>1200 METER RELAY</u> (Julie Hall, Anne Zentner, Kim Harsch, Lauren Riley)	Green Mountain 2:52.49	1983	
<u>1600 METER RELAY</u> (M. Alguesia, M. Berner, Cindy Colbert, Kay Anzia)	Bear Creek 4:07.28	1981	
<u>1600 METER MEDLEY RELAY</u> (Kim McAlexander, Laura Mazingo, Anne Zentner, Laurie Wilson)	Green Mountain 4:14.29	1982	
<u>1600 METER TEAM RACE</u> (Retired 1991) Bear Creek (Amy Laffoon and Sheila Lile). Arvada West (Maureen Finholm and Dottie Meyers) Wheat Ridge (Christy Alexander and Joni Sutton)	3 Points 3 Points 3 Points	1975 1978 1986	
<u>3200 METER TEAM RACE</u> Golden (Aimee Hoogheem, Keri Trost) D'Evelyn (C.Felz, E. Schoonmaker) (Tied Record) Bear Creek (K. Lubieniecki, L. Thomas) (Tied Record)	3 Points 3 Points 3 Points	1995 2004 2007	
<u>3200 METER RELAY</u> (Syd Ayers, Jaime Rogers, Lisa Cook, Mary Colburn)	Wheat Ridge 9:51.22	1981	
<u>6400 METER RELAY</u> (Keryn Huang, Sharon Horn, Andrea Evans, Theresa Beavers) (Erin Brunko, Christine Felz, Kati Mayfield, Erika Schoonmaker)	Green Mountain 23:33.70 D'Evelyn 27 points	1992 2005	
<u>DISTANCE MEDLEY RELAY</u> (Keryn Huang, Alicia Hines, Renee Boucher, Debbie Maass)	Green Mountain 13:04.72	1989	
<u>HIGH JUMP RELAY</u> Arvada(AvallinaAnderson, Amy Little, Erin Stiger, Jamie Davies)	19' 10"	1995	
<u>LONG JUMP RELAY</u> (Michelle Wilson, Kim Gilman, Jennifer Tatham, Doreen Kiselak)	Evergreen 62'9 1/4"	1987	
<u>TRIPLE JUMP RELAY</u> (J. Bandhorst, M. Gunther, K.Smith, R. Clark)	Dakota Ridge 132' 3 1/2"	2007	
<u>SHOT PUT RELAY</u> (R. Caliga, R. Jantzen, B. Kartchrer, G. Lasco)	Dakota Ridge 126'9"	1998	
<u>DISCUS THROW RELAY</u> (Lisa Hoskins, Shelley Edwards, Mariel Head, Anne Streeter)	Bear Creek 405' 10"	1986	
<u>POLE VAULT</u> Standley Lake (Filar, Harm, Johnston, Nance)	Standley Lake 32'6"	2002	