



4A Jeffco

JV Track & Field Championships



Thursday, April 29th 2010

We are excited to host the 4A Jeffco JV Track & Field Championships this year. We are committed to giving these athletes a high quality meet that will provide for a great experience. Please carefully read the following information and email the Meet Directors if you have any questions or concerns.

Location: Jefferson County Stadium

Host: D'Evelyn High School

Meet Directors: Micah Porter mporter@jeffco.k12.co.us

Lisa Porter lporter@jeffco.k12.co.us

Teams: Alameda, Arvada, Centaurus, Conifer, D'Evelyn, Elizabeth, Englewood, Evergreen, Golden, Wheat Ridge, Summit

Time Schedule: 3:15 pm – Coaches meeting (4th floor of press box)

3:45 pm – Meet begins

- ✓ **Running Events:** regular order of events
- ✓ **Field Events:**
 - **Girls' Triple Jump** followed by **Boys'**
 - **Girls' Pole Vault** followed by **Boys'**
 - **Girls' Shot Put** followed by **Boys'**
 - **Boys' Long Jump** followed by **Girls'**
 - **Boys' High Jump** followed by **Girls'**
 - **Boys' Discus** followed by **Girls'**

Regulations: The rules governing this meet are those of the National Federation of the State High School Associations (NFHS), the Colorado High Schools Activities Association (CHSAA), and Jefferson County Schools.

Entries: Schools may enter 3 individuals per event and 1 relay.

Entry Process: Hy-Tek and fully automatic timing will be used for this meet. The same process will be used for submitting entries as for all Varsity Jeffco meets. You will receive events for Hy-Tek soon.

Email entries to jeffcotrackmeets@gmail.com by Sunday, April 25th at 6:00 pm. If necessary, you will be allowed 3 athlete substitutions per gender. Those substitutions need to be emailed to epaddock@jeffco.k12.co.us by 11:00 am on Thursday, April 29th. Please enter accurate/realistic times for your athletes and relays.

Scoring: 10-8-6-5-4-3-2-1 (eight places)

Awards: Trophies will be award to 1st and 2nd place teams for each gender. Ribbons will be awarded for 1st through 8th place in all events.

Timing: Fully automatic timing will be used for this meet. Results will be emailed to coaches at the conclusion of the meet.

Entry fees: In order to cover the cost of awards, we are asking each school to pay \$50.00. Jeffco schools may pay through account # 52100GF0107130001776.

Workers: Jeffco will provide workers for the adults in most field events, timing, announcing, clerks, scoring, umpiring, etc. We have each been assigned workers for other areas. Hopefully you are aware of what you will need to provide. Our school assignments are as follows:

Alameda: Discus (3 student workers)

Arvada: Shot Put (3 student workers)

Evergreen: Triple Jump (adult and 3 student workers)

Golden: Long Jump (3 student workers)

Wheat Ridge: High Jump (4 student workers, 2 pits)

D'Evelyn: Pole Vault (adult and 3 student workers)

Additional Information:

- ✓ Uniform rules will be enforced.
- ✓ Please no coaches or non-competing athletes on the infield.
- ✓ Remember to remind your athletes about jewelry and electronics.
- ✓ An athletic trainer will be on hand for athletes