

2010 Rocky Mtn. Round Up Invitational Track and Field Meet

About the meet: The Round Up is gaining momentum as we will have 28 teams this year. At this time in the season we want to be able to get as many opportunities as possible for the athletes so we are going to allow 3 entries per event and 1 relay team.

Schools: Battle Mountain High School, Boulder High School, Chapparral High School, Cherokee Trail High School, Centaurus High School, Cheyenne East High School, Cheyenne Central High School, Fossil Ridge High School, Fort Collins High School, Horizon High School, Greeley Central High School, Greeley West High School, Laramie High School, Legacy High School, Longmont High School, Loveland High School, Monarch High School, Mountain Range High School, Mountain View High School, Northglenn High School, Pomona High School, Poudre High School, Rocky Mountain High School, Saratoga High School, Thompson Valley High School, Thornton High School and Windsor High School.

Site: French Field (1300 West Swallow Road, Fort Collins)

Directions: Take I-25 to Harmony: Go west on Shields: Go North to Swallow: Field is just West of Shields Street

Date: Friday, April 30, 2010

Locker Room: No lockers are available; restrooms will be available on the west side of the stadium and in the team rooms at the northwest corner

Awards: The top 2 teams in the boys and girls meets will be awarded trophies. Individual winners will receive medals and ribbons will be given for 2nd through 6th places. We will also select a most valuable boy and girl competitor prior to the 4x400m relay.

Scoring: We will score the top 8 places per event (10-8-6-5-4-3-2-1)

Extra Events: To even out the total number of events there will be a Boys 800m Medley Relay we are also including the Javelin. (It will be a rubber tip, but a real Javelin)

Restricted Area: The track and football field, discus, and shot sectors are restricted areas for coaches. These are areas where only competitors and meet officials are allowed

Starting Heights: Boys High Jump: 5'9"
Girls High Jump: 4'7"
Boys Pole Vault: 10' 7"
Girls Pole Vault: 7' 1"

Minimum Marks: Boys Long Jump: 19'
Boys Triple Jump: 38'
Boys Shot Put: 39'
Boys Discus: 125'
Girls Long Jump: 14'
Girls Triple Jump: 31'
Girls Shot Put: 30'
Girls Discus: 85'
**We will mark all 3rd attempts if no previous marks are attained.

Additional Information

1. 3/16 inch spikes only, no spikes in the stands
2. Warm-up area will be the field to the west of the stadium
3. Field event participants need to report to their site
4. Running events need to report to the clerk at the northwest corner of the track
5. A trainer will be available during the meet
6. Starting blocks will be provided but each school must provide it's own batons
7. Weigh-ins for shot and discus implements, and athletes competing in the pole vault
8. Jewelry and clothing rules will be enforced

Inclement Weather: In the event the weather looks shaky you may call my cell phone 970-691-1216. We will make a decision by 5 a.m. on the day of the meet and post a message if the meet is canceled. If there is no message assume the meet is on.

Entries: Each school will be allowed 3 entries in individual events and 1 relay team per relay race. There will be NO substitutions or additions the morning of the meet, please correct all of your entries Thursday before the meet.

Event

12:00	800m Medley Relay	Girls	All Finals- Heats against time		
12:10	4x800m Relay	Girls			
12:30	4x800m Relay	Boys			
12:50	100m High Hurdles	Girls	9:45 AM	Throw	Weigh- Ins
1:15	110m High Hurdles	Boys			
1:40	100m Dash	Girls	10:30 AM	Girls	Long Jump
2:10	100m Dash	Boys		Girls	Shot Put
2:40	4x200m Relay	Girls		Boys	Triple Jump
2:55	4x200m Relay	Boys		Boys	Discus
3:10	1600m Run	Girls			
3:25	1600m Run	Boys	11:15 AM	PV Weigh Ins (boys and girls)	
3:40	4x100m Relay	Girls			
3:55	4x100m Relay	Boys	12:00 PM	Girls	High Jump
4:10	400m Run	Girls		Boys	Pole Vault
4:40	400m Run	Boys		Girls	Javelin
5:10	300m Low Hurdles	Girls			
5:35	300m IM Hurdles	Boys	The next gender will immediately follow finals of the morning events		
5:55	800m Run	Girls			
6:10	800m Run	Boys			
6:25	200m Dash	Girls			
6:55	200m Dash	Boys			
7:25	3200m Run	Girls			
7:45	3200m Run	Boys			
8:05	4x400m Relay	Girls			
8:30	4x400m Relay	Boys			

*****We will run ahead of schedule if possible*****