

Holy Family Tiger Tornado Track Meet 2010

- Where: Holy Family High School – 5195 West 144th Avenue, Broomfield, CO 80023
- When: Saturday, April 10th, 2010 (except pole vault). Field events will begin at 8:00 am with running events beginning at 8:30 am. There will be a coaches meeting at 7:30 am sharp. Packets will be available at that time. Shot and disc weigh-in will be starting at 7:30 am.
- Pre-Qualifying: The Tornado is a sanctioned state pre-qualifying meet. All National Federation and CHSAA rules will be enforced, including uniform rules and regulations.
- Entries: Three entries in each individual event and one entry in each relay event per school. Entries close at 9:00 am on Friday, April 9th.
- Prelims: All running events will be finals with heats against time. There will be four attempts in the Long Jump, Triple Jump, Shot Put, and Discus. Girls High Jump will start at 4 feet, while Boys High Jump will start at 5 feet and both will rise by two increments until a winner is determined.
- Scoring: Eight places will be scored in all events (10-8-6-5-4-3-2-1).
- Schools:
- Facilities: Competitors will be required to use 1/8th inch spikes or shorter. Starting blocks are provided. Restrooms will be available in the high school just south of the stadium.
- Bus Parking: Bus parking will be on the chipped pavement lot directly east of the student parking lot. Please do not park busses in the school lot or along the street.
- Camps: Camps will be located to the west and to the south of the track. Athletes may warm up on the soccer field southwest of the track. They will be allowed on the infield once their event is called.
- Gate Admission: Adult - \$6.00, Student - \$5.00
- Events: (8:30 AM) G Sprint Medley Relay
B Sprint Medley Relay
G 4x800 Relay
B 4x800 Relay
G 100 Intermediate Hurdles
B 110 High Hurdles
G 100 Dash
B 100 Dash
G 4x200 Relay
B 4x200 Relay
G 1600 Run
B 1600 Run
(Lunch Break)

G 4x100 Relay
B 4x100 Relay
G 400 Dash
B 400 Dash
G 300 Low Hurdles
B 300 Intermediate Hurdles
G 800 Run
B 800 Run
G 200 Dash
B 200 Dash
G 3200 Run
B 3200 Run
G 4x400 Relay
B 4x400 Relay

8:00 AM: Girls Shot Put, Boys Discus, Girls LJ, Boys TJ, Girls High Jump

Immediately followed by: Boys Shot Put, Girls Discus, Boys Long Jump, Girls Triple Jump, and Boys High Jump