

**COLUMBINE HIGH SCHOOL
PRESENTS
DENNIS SHEPHERD
TRACK AND FIELD MEET
April 26, 2010**

THANKS FOR YOUR ANTICIPATED PARTICIPATION IN THE 2008
DENNIS SHEPHERD TRACK MEET!

- Each team will be limited to three entries per individual running and field event, with one relay entry per team for each relay event.
- There will be a girls and boys 800 meter medley relay.
- CHSAA's suggested order of events will be followed with the medley first and move ahead whenever possible.
- Athletes will need tags with their names, school names and event.
- Girls will be first in all running events

Cost: \$100 per Team (includes both girls & boys)

Entry fees should be transferred to CHS Track Acct. # 1777

Meet will be held at 6th and Kipling and will start at 3:30 pm.

****Please respond with your commitment intent by April 19, 2008.**

Please contact Ivory Moore at Columbine High School (303) 982-4452.

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3:15	Coaches meeting	
3:30	800m Medley	3:30 – Girls long jump (open pit)
	3200m Relay	followed by boys long jump
	100m/110m Hurdles	Boys triple jump (open pit)
	100m Dash	followed by girls triple jump
	800m Relay	Boys high jump followed by girls
	1600m Run	Girls then boys pole vault
	400m Relay	Girls shot put first
	400m Dash	Boys discus first
	300m Hurdles	
	800m Run	
	200m Dash	
	3200m Run	
	1600m Relay	

**Dennis Shepherd
Track and Field Meet
Jefferson County Stadium
April 26, 2010**

Columbine High School will again host its Dennis Shepherd track and Field Meet on Tuesday, April 26, 2010. The philosophy of the meet is to give a number of athletes the opportunity to compete in an expedient manner. Thanks in advance for your interest in this track and field meet and for this special opportunity for our freshmen in Jefferson County. *Freshmen from all classifications are welcome!*

Note: We realize that we are very competitive. In the event there is a discrepancy or controversy arises, please bring those issues to me or one of the Columbine coaches. This is not a state qualifying meet.

MEET INFORMATION

1. Coaches meeting at 3:15 at the West press box at the stadium.
2. Three participants per event and one relay team per school.
3. Trophies will be awarded to the top boys and girls teams. First through sixth place will receive ribbons. We will only time the top 6 finishers. Coaches will need to time their own athletes.
4. We will score the top 8 finishers per event (10-8-6-5-4-3-2-1).
5. Colorado High School Activities Association rules will be enforced.
6. The stadium will furnish starting blocks.
7. Athletes will be assigned heats based on slowest participants to fastest. There will not be preliminaries. All heats and events are finals.
8. There will be a 3200 meter run.
9. There will be a Boys' 800 medley run.
10. Long Jumpers and Triple Jumpers will get three jumps. All legal jumps will be measured. No finals.
11. High Jumpers will get three jumps and the bar will be raised 2" until we are down to nine jumpers, then the bar will be raised 1" until a winner is declared. Girls opening height will be 3'6". Boys opening jump will be 4'6".
12. Pole vaulters will get three tries at each height. Girls open at 6' and boys at 8'.
13. Shot put and Discus throwers will have three throws per event.
14. Coaches will be asked to work exchange zones for all relay events.
15. **All track athletes must have a sticker.** Athletes name, school, event, boy/girl.

COACHES, PLEASE INFORM YOUR ATHLETES TO USE THE WARM-UP AREAS PRIOR TO THE START OF THEIR EVENT. WE WILL STRESS SETTING UP THE TIME BETWEEN RACE EVENTS.

FIELD EVENTS SCHEDULE: ALL EVENTS WILL BEGIN PROMPTLY @ 3:30.