

11th Annual Freddie Houston Meet of Champions

May 28, 2016

Evie Dennis Campus

4800 Telluride Street

Denver, Colorado 80249

(Corner of Green Valley Ranch Blvd. & Tower Road)

(East of Pena' Blvd., North of I-70 East)

Awards: Medals, Ribbons / \$10.00 per event

AGE GROUP MORNING SESSION

Event Schedule (Running Time Schedule)

(Girl/Boy Rotation)

8:00 am	3000 meters	11-12, 13-14	FIELD EVENTS (Note: age rotation change)
8:30 am			8:30 am
80 meters hurdles	11-12		Long Jump 13-14, 11-12, 9-10, 8-U (two pits)
100 meters hurdles	13-14		Shot 13-14, 11-12
100 meters prelim	8-U, 9-10, 11-12, 13-14		Discus (conclusion of Shot), 13-14
400 meters	8-U, 9-10, 11-12, 13-14		High Jump 13-14, 11-12
800 meters	8-U, 9-10, 11-12, 13-14		Triple Jump 13-14
100 meters final	8-U, 9-10, 11-12, 13-14		
1500 meters	9-10, 11-12, 13-14		
200 meters hurdles	13-14		
200 meters	8-U, 9-10, 11-12, 13-14		

HIGH SCHOOL AFTERNOON SESSION

(Young Woman/Young Men Rotation)

1:00 pm	FIELD EVENTS
3000 meters	1:00 pm
100/110 meters hurdles	Long Jump (two pits)
100 meters prelim	High Jump
400 meters	Shot
800 meters	Discus (conclusion of Shot)
100 meters final	Triple Jump (conclusion of Long Jump)(two pits)
1500 meters	Javelin
400 meters hurdles	
200 meters	10:30 am Pole Vault

Note: Field Security Will Be Strictly Enforced by Denver Police Dept. & DPS Security
No Coaches, or Parents on Infield