

COLORADO SPRINGS STRIDERS INVITATIONAL 2024

Saturday, June 15, 2024

Location: The Grace Center for Athletics and Community Service
1655 Pirate Heights
Colorado Springs, CO 80907

Pole Vault Location: Garry Berry Stadium
2020 Glenn Summer Road, Colorado Springs, CO 80909

Entry Fee: \$10.00 per event, \$24.00 per relay team

Deadline: Friday, June 14, 2024 @ 10AM

[Registration here](#)

EVENTS: 100M,200M, 400M,800M, 1500M,3000M, 5000M, 80M Hurdles, 100M Hurdles, 200M Hurdles, 400M Hurdles, 4x 100M Relay, 4 x 400M Relay, Long Jump, Triple Jump, Shot Put, High Jump, Discus, Javelin.

COMPETITION AGE DIVISION FORMAT

GENDER: Male , Female

DIVISIONS

8 & Under	17-18
9-10	Open
11-12	Masters
13-14	
15-16	

Ages 8 & Under, 9-10, 11-12 & 13-14 will start at 8:30am

Ages 15-16, 17-18, Open & Masters will start at 12:30pm

Pole vault for all age groups will be conducted according to the pole vault schedule printed in this flyer under "Field Events-Pole Vault".

SCHEDULE OF EVENTS

Track Events Morning Session *(Rolling Schedule)*

14 years & Under

9:00am	3000M	11-14
	80M Hurdles	11-12 G/B
	100M Hurdles	13-14 G/B
	100M	All Divisions M/F
	4 x 100M Relay	All Divisions
	1500M	All Divisions
	400M	All Divisions M/F
	200M Hurdles	13-14 M/F
	800M	All Divisions M/F
	200M	All Divisions M/F
	4 x 400M Relay	All Divisions

Track Events

Afternoon Session (*Rolling Schedule*) 15-18, Open, Masters

12:30pm	3000M/5000M	All Divisions
	100M Hurdles	All Divisions Female
	110M Hurdles	All Divisions Male
	100M	All Divisions M/F
	4 x 100M Relay	All Divisions M/F
	1500M	All Divisions M/F
	400M	All Divisions M/F
	400M Hurdles	All Divisions M/F
	800M	All Divisions M/F
	200M	All Divisions M/F
	4 x 400M Relay	All Divisions M/F

Field Events

Morning Session	Afternoon Session
8:30am (14 & Under)	12:30PM (15-18, Open, Masters)

Long Jump (We will run two pits simultaneously with males on one and female on another)
High Jump (Females followed by males)
Shot Put (Males followed by Females)
Discus (Females followed by males)
Javelin (At the conclusion of the Discus-Females followed by males)
Triple Jump (Ages 13-18-Following the long jump)-**Triple Jump will include 13-14 year olds**

Competitors in all field events except for the pole vault and high jump will be given 4 attempts.

FIELD EVENTS-POLE VAULT

The pole vault venue will open at 7:45

Pole Vault will be run in three groups:

- Group 1 (start time 8:30am) starting height 1.85m (6'0 ¾") to 2.75m (9'0 ¼")
- Group 2 (30 minutes following Group1, approximately 11:00am) : starting height 2.90m (9'6 ¾") to 3.65m (11'11 ¾")
- Group 3 (30 minutes following Group 2, approximately 12:30pm): Starting height 3.80m (12'5 ¼") and higher.

Each group will be composed of all ages and genders based upon starting height. Each group will be run to completion. A warm-up will be provided for follow on groups. Warm-up time will be dependent upon the numbers in subsequent Groups. Following the Group 2 and 3 competitions, all of the results for each age group and gender will be combined and finalized to determine the events results for each age and gender. Ties will not be broken.

ALL FIELD EVENTS WILL BE CONDUCTED YOUNGEST TO OLDEST AGE DIVISION WITH THE EXCEPTION OF POLE VAULT

This meet will be sanctioned by U.S A. Track and Field (USATF) and will be governed by USATF rules. Age determination date is December 31, 2024.

CHECK-IN

Running Events

Athletes should check in with the clerk at the clerking tent when the first call is announced for your event. You will be given your heat and lane assignment. You will then be directed to the clerk for the race. Please make sure that you coordinate with the clerk if you have to leave the area for any reason.

Field Events

Field event athletes will report directly to their field event venue and check in with the official conducting the event. Make sure that you coordinate with the event official if you have to leave for any reason. **Competitors must provide their own implements and will be required to have them weighed in.**

Awards

Medals will be presented to the first three places and ribbons to 4th-6th places in each event and age division. You may pick up those awards at the awards tent.

Warm-ups

An area will be designated for athlete warmups. You will not be able to setup team camps on the stadium infield or event competition venues.

Trainer

A certified medical trainer will be available at the track.