

# COLORADO SPRINGS STRIDERS INVITATIONAL

Saturday, June 11, 2022

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

**Start Time:** 9:00am (ages 14 and Under) 12:00PM (ages 15 - Masters)

**Facility:** 400m All-Weather Surface

**Awards:** Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons-4<sup>th</sup>-6<sup>th</sup>

**Entry Fee:** \$8 per event, \$24 for relay

**Registration:** [click here](#)

**Deadline:** Friday, June 10 -9:00pm (MST) No meet day registration

**Eligibility** Competition is open to all 18 and under, Open and Masters USATF member athletes. Current 2022 membership is required to participate.

**Age Divisions:** Based on birth year, age as of December 31, 2022. For safety and benefit of all athletes, no parents or spectators will be allowed on the infield or in the competition area.

**Divisions:** 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, Open/Masters

## MORNING SESSION (ages 14 and under)

### Field Events

9:00AM Long Jump-Boys (West Pit) Girls (East Pit)  
High Jump-Girls followed by boys  
Shot Put- Girls followed by boys  
Discus- Boy's followed by girls  
Triple Jump-Boy's(west pit) girls (east pit)  
Javelin (Girls followed by boys)  
*\*\* Following the long jump*

9:00AM

### Track Events

3000m  
80mh/100mh/110mh  
100m  
800m  
400m  
200mh/400mh  
4 x 100m relay  
1500m  
200m  
4 x 400m relay

## AFTERNOON SESSION (ages 15 - Masters)

### Field Events

12:00PM Long Jump-Boys (West Pit) Girls (East Pit)  
High Jump-Girls followed by boys  
Shot Put- Girls followed by boys  
Discus- Boy's followed by girls  
Triple Jump-Boy's(west pit) girls (east pit)  
Javelin (Girls followed by boys)  
*\*\* Following the long jump*

12:00PM

### Track Events

3000M  
80mh/100mh/110mh  
100m  
800m  
400m  
200mh/400mh  
4 x 100m relay  
1500m  
200m  
4 x 400m relay

(Running events oldest to youngest, Field events youngest to oldest)