



COLORADO SPRINGS STRIDERS TRACK CLUB ALL-COMER MEET

Saturday, June 30, 2018

The Grace Center for Athletics and Community Service

1655 Pirate Heights

Colorado Springs, CO 80907

**(Pole Vault will be held @ Garry Berry Stadium-2115 Afton Way
Colorado Springs, CO 80909)**

Start Time: 8:00am
Facility : 400M All-Weather Surface
Awards: Medals 1st-3rd, Ribbons-4th-6th
Entry Fee \$10 per event, \$25 for relay
Registration Online at: <http://colorado.usatf.org/youth/youth-upcoming-events.aspx>
Registration Deadline : Friday, June 29th -9:00pm (MST) No meet day registration
Eligibility Competition is open to all 18 and under, Open and Masters USATF member athletes. Current 2018 membership is required to participate

Age Divisions: Based on birth year, age as of December 31, 2018. 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

FIELD EVENTS

8:00AM 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**

TRACK EVENTS

9:00AM 3000M
80mh/100mh/110mh
100m
800m
400m
200mh/400mh
4 x 100m relay
1500M
200m
4 x 400m relay

POLE VAULT: There will be 2 competition groups. Ages and genders will be combined in each group but scored separately. Group 1 starting height 5'. Weigh-ins- 8:05 Warmup 8:15-Competition starts 8:45am. Group 2 starting height-10' Warmup and weigh-ins will begin immediately after Group 1 is completed. Expect a 30-minute warmup

(All Events will be run youngest to oldest-Exception pole vault)