

2018 Randi Yaussi City Track Championships

- About the meet:** The Randi Yaussi City Track Championships is a meet where all of the City of Fort Collins high schools compete against each other to determine the city championships. The meet is named after CHSAA Hall of Fame coach Randi Yaussi who coached, taught and inspired many athletes in his time at Poudre High School.
- Schools:** Fort Collins, Fossil Ridge, Heritage Christian, Liberty Common, Poudre, Rocky Mountain
- Site:** French Field
- Date:** Tuesday April 10, 2018- Running and Field Events will start at 2 p.m.
- Locker Room:** No lockers are available; Restrooms will be available inside the west end of the school by the track
- Entry Fee:** No Entry Fee, each team will help work events
- Scoring:** We will score the top 6 places per individual event (10-8-6-4-2-1), 5 places for relays (10-8-6-4-2)
- Restricted Area:** No team camp inside the fenced track area, there is a large open grass area to West of the track that would be a great place for team camps. We can also open up the tennis courts which are on the East side of the track and might not be as muddy.
- Athlete Check In** Athletes will receive their hip sticker at the tent in the north end zone of the football field. From there athletes need to check in with the clerk of the start who will put them in lanes. The clerk will also be located at the north end of the field
- Starting Heights:** Will be announced at the coaching meeting prior to the meet.
- Additional Information**
1. 3/16 inch spikes only, no spikes in the stands
 2. Warm-up area will be the field to the west of the stadium
 3. Field event participants need to report to their site
 4. Running events need to report to the clerk at the northwest corner of the track
 5. A trainer will be available during the meet
 6. Starting blocks will be provided but each school must provide it's own batons
 7. Weigh-ins for shot and discus implements, and athletes competing in the pole vault
 8. Jewelry and clothing rules will be enforced
- Field Events** All athletes will receive 3 preliminary attempts and the top 7 will qualify for the final and receive 3 more attempts.
- Running Events** Heats will be seeded slow to fast.
- Senior Recognition:** Coaches please have a list of your seniors so they can be recognized during the break after the mile. Give your list to the announcer.

Coaches Meeting: The coaches meeting will begin promptly at 1:15 p.m. at the finish line.

Results Results will be posted on the board to the west of the track

End of Meet: Final results will be posted on co.milesplit.com. Additionally I will email all results to head coaches.

Inclement Weather: In the event the weather looks shaky you may call my cell phone 970-215-1899. We will make a decision by 11:30 a.m. on the day of the meet and post a message if the meet is canceled. If there is no message assume the meet is on.

Entries: Each school will be allowed 10+ entries in individual events and 3 relay team per relay race. Enter all your athletes for the meet on the <http://co.milesplit.com/>. Entries are due **Tuesday April 10th at 8 a.m.** Because the entry deadline is due the day of the meet there will be NO substitutions or additions the afternoon of the meet, please correct all of your entries prior to 8 a.m. Tuesday morning.
******Entry Password for the meet: RY2018******

Questions: Please let me know if you have questions about meet entries or meet format.
Conrad Crist
phone: 970-215-1899 email: ccrist@psdschools.org

Meet Responsibilities for each school:

Fort Collins: finish line, state and milesplit entries, clerk of start, sprint wind gauge, spotter, announcer, 4 x100m exchange zones, 800m Medley Exchange zones

Fossil Ridge: Girls Jumps, Discus

Heritage Christian: High Jump,

Liberty Common: Pole Vault,

Poudre : high jump, shot put

Rocky Mountain: Boys Jumps, hip stickers, 4x200m exchange zones

****All Coaches Please help with hurdles during the meet****

Randi Yaussi City Track Championships

Tuesday April 10, 2018

****We will run ahead of schedule if possible, times below are tentative****

1:15pm Coaches Meeting—**No Adds, No Substitutions**

Field Events

2:00 pm	Pole Vault	Boys	Finals
	Triple Jump	Girls	Finals
	High Jump	Girls	Finals
	Long Jump	Boys	Finals
	Shot Put	Girls	Finals
	Discus	Boys	Finals

*The field events below will begin immediately following the field events above

	Triple Jump	Boys	Finals
	High Jump	Boys	Finals
	Long Jump	Girls	Finals
	Shot Put	Boys	Finals
	Discus	Girls	Finals
	Pole Vault	Girls	Finals

Running Events:

2:00 pm	800m Medley Relay	Boys	Finals
2:05 pm	800m Medley Relay	Girls	Finals
2:10 pm	4x800m Relay	Girls	Finals
2:25 pm	4x800m Relay	Boys	Finals
2:40 pm	100m High Hurdles	Girls	Finals
2:55 pm	110m High Hurdles	Boys	Finals
3:10 pm	100m Dash	Girls	Finals
3:30 pm	100m Dash	Boys	Finals
3:50 pm	4x200m Relay	Girls	Finals
3:55 pm	4x200m Relay	Boys	Finals
4:00 pm	1600m Run	Girls	Finals
4:15 pm	1600m Run	Boys	Finals

15 Min. Break: Senior Recognition (All Seniors go to the center of the field to be recognized)

4:45 pm	4x100m Relay	Girls	Finals
4:50 pm	4x100m Relay	Boys	Finals
4:55 pm	400m Run	Girls	Finals
5:05 pm	400m Run	Boys	Finals
5:15 pm	300m Low Hurdles	Girls	Finals
5:30 pm	300m Intermediate Hurdles	Boys	Finals
5:45 pm	800m Run	Girls	Finals
5:55 pm	800m Run	Boys	Finals
6:05 pm	200m Dash	Girls	Finals
6:30 pm	200m Dash	Boys	Finals
6:55 pm	3200m Run	Girls	Finals
7:10 pm	3200m Run	Boys	Finals
7:25 pm	4x400m Relay	Girls	Finals
7:30 pm	4x400m Relay	Boys	Finals