



*at Valor Christian High School
Friday - Saturday April 29th -30th*

Thank you for your interest in the 1st Annual Colorado Meet of Champions Track & Field event on April 29-30, 2016 at Valor Christian High School stadium on the newly surfaced 9 lane Beynon track. The vision for this event is to provide a highly competitive, exceptional meet that showcases the best from the state regardless of classification in an atmosphere for outstanding marks within a state qualifying CHSAA sanctioned meet.

MEET FORMAT:

The rules governing the meet are those of the National Federation of the State High Schools Association, The Colorado High School Activities Association and the games committee.

There are three “sessions” for the Colorado Meet of Champions weekend:

- (1) Friday night Relays session and Invitational field events
- (2) Saturday daytime Open session track and field events
- (3) Saturday night Invitational track session

The best verified entry marks will compete on Saturday night, with the next best verified marks competing Saturday morning/afternoon. For field events, best marks will compete Friday night, the next best on Saturday morning/afternoon. Verifiable marks will be considered from the 2016 and 2015 outdoor seasons. If an athlete does not have a verifiable mark, coaches may contact meet management for consideration.

TIME SCHEDULE:

Friday Night Relays from 4:30-8:15pm

Saturday Open Session from 9:30-2:00pm

Saturday Invitational Session from 3:45-7:30pm

For Saturday night’s session, there are two heats per event (an *Invitational* and a *Select heat*) in most track events. The top 9 verified entry marks compete in the *Invitational* heat; the next 9 compete in the *Select* heat. The rest of the track events on Saturday morning/afternoon will be the next 27 verified athletes in *Open* heats. There is also a *Futures* section of the 100m, 1600m on Friday for freshman athletes only.

EVENTS:

100m | 200m | 400m | 800m | 1600m | 3200m | 100/110mH | 300mH | 4x100m | 4x200m | 4x400m | 4x800m | 800m Sprint Medley | 1600m Sprint Medley | LJ | TJ | HJ | PV | SP | Discus

Athletes may participate in 4 events over the two days. Coaches may enter as many athletes as they desire in each individual event. Each team will be allowed 1 relay per event.

ENTRIES:

The meet entries will open on *Monday, April 18th* at co.milesplit.com. Entries will close at *5:00pm MST on Monday April 25th*. No entries will be accepted after this time.

The meet will be seeded on *Tuesday April 26th* and accepted entries will be posted online at co.milesplit.com by *12:00pm MST on Wednesday April 27th*. There will be no additions or substitutions after seeding is final.

ENTRY FEES:

School entry fees are as follows:

\$60 per relay and \$15 per individual entry

There is an entry fee cap (maximum) of \$225 per gender if a school's total entries for that gender would otherwise exceed \$225. Schools will not be charged for athletes that are entered but not accepted.

Entry Fee payment is to be made on meet day (at packet pick up) by either check or credit card. Checks should be made payable to: *Valor Christian High School*

AWARDS: Custom medals for each session will be awarded to the top 3 athletes. In addition, custom CMOC plaques will be awarded to the winner of each Invitational heat individual event, and CMOC batons will be awarded to the winners of each relay team member in the Invitational heat relay events.

NIKE/EASTBAY SOUVENIERS: Nike/Eastbay will provide additional souvenirs to athletes in the Invitational sections

HOSPITALITY: Coaches lunch will be provided on Saturday as well as Friday night's Coaches social.

HOTEL INFORMATION: Colorado Meet of Champions hotel rates are available at hotels close to the Valor campus. The Colorado Meet of Champions recommends the Hilton Garden Inn as the preferred hotel for your stay.

Hilton Garden Inn Denver / Highlands Ranch

1050 Plaza Dr. Highlands Ranch, CO 80126 303.683.4100

Blessings,

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COLORADO MEET OF CHAMPIONS

Friday Night Relays

4:30pm	#1	Women 4x800 Meter Relay Select/18	6:00pm	#33	Women Pole Vault Invitational/9
4:44pm	#2	Women 4x800 Meter Relay Invitational/9	6:00pm	#34	Men High Jump Invitational/9
4:57pm	#3	Men 4x800 Meter Relay Select/18	6:00pm	#35	Women Long Jump Invitational/9
5:08pm	#4	Men 4x800 Meter Relay Invitational/9	6:00pm	#36	Men Triple Jump Invitational/9
5:21pm	#5	Men 4x200 Meter Relay Open	6:00pm	#37	Women Shot Put Invitational/9
5:25pm	#6	Men 4x200 Meter Relay Select	6:00pm	#38	Men Discus Invitational/9
5:29pm	#7	Men 4x200 Meter Relay Invitational			
5:33pm	#8	Women 4x200 Meter Relay Open			
5:38pm	#9	Women 4x200 Meter Relay Select			
5:42pm	#10	Women 4x200 Meter Relay Invitational			
6:02pm	#11	Women 1600 Meter Run Futures/14			
6:09pm	#12	Men 1600 Meter Run Futures/14			
6:16pm	#13	Women 800 Sprint Medley Select			
6:21pm	#14	Women 800 Sprint Medley Invitational			
6:26pm	#15	Men 800 Sprint Medley Select			
6:31pm	#16	Men 800 Sprint Medley Invitational			
6:36pm	#17	Women 100 Meter Dash Futures/9			
6:40pm	#18	Men 100 Meter Dash Futures/9			
6:44pm	#19	Women 1600 Sprint Medley Select			
6:51pm	#20	Women 1600 Sprint Medley Invitational			
6:58pm	#21	Men 1600 Sprint Medley Select			
7:05pm	#22	Men 1600 Sprint Medley Invitational			
7:12pm	#23	Women 3200 Meter Run Open/18			
7:28pm	#24	Women 3200 Meter Run Select/18			
7:42pm	#25	Men 3200 Meter Run Open/18			
7:54pm	#26	Men 3200 Meter Run Open/18			

Friday Night Field Events

4:30pm	#27	Men Pole Vault Invitational/9
4:30pm	#28	Women High Jump Invitational/9
4:30pm	#29	Men Long Jump Invitational/9
4:30pm	#30	Women Triple Jump Invitational/9
4:30pm	#31	Men Shot Put Invitational/9
4:30pm	#32	Women Discus Invitational/9

Saturday Open Track Events

9:30am	#39	Men 4x100 Meter Relay Open
9:35am	#40	Men 4x100 Meter Relay Open
9:40am	#41	Men 4x100 Meter Relay Open
9:45am	#42	Women 4x100 Meter Relay Open
9:50am	#43	Women 4x100 Meter Relay Open
9:55am	#44	Women 4x100 Meter Relay Open
10:00am	#45	Women 1600 Meter Run Open/18
10:08am	#46	Women 1600 Meter Run Seeded/18
10:16am	#47	Men 1600 Meter Run Open/18
10:24am	#48	Men 1600 Meter Run Seeded/18
10:32am	#49	Men 110 Meter Hurdles Open
10:36am	#50	Men 110 Meter Hurdles Open
10:40am	#51	Men 110 Meter Hurdles Open
10:44am	#49	Women 100 Meter Hurdles Open
10:48am	#50	Women 100 Meter Hurdles Open
10:52am	#51	Women 100 Meter Hurdles Open
10:56am	#52	Men 100 Meter Dash Open
11:00am	#53	Men 100 Meter Dash Open
11:04am	#54	Men 100 Meter Dash Open
11:06am	#55	Women 100 Meter Dash Open
11:10am	#56	Women 100 Meter Dash Open
11:14am	#57	Women 100 Meter Dash Open
11:18am	#58	Men 800 Meter Run Open/18
11:23am	#59	Men 800 Meter Run Open/18
11:28am	#60	Women 800 Meter Run Open/18
11:33am	#61	Women 800 Meter Run Open/18
11:38am	#62	Women 400 Meter Run Open

11:43am	#63	Women 400 Meter Run Open			<u>Saturday Invitational Track Events</u>
11:48am	#64	Women 400 Meter Run Open	3:40pm	#96	Men 4x100 Meter Relay Select
11:53am	#65	Men 400 Meter Run Open	3:45pm	#97	Men 4x100 Meter Relay Invitational
11:58am	#66	Men 400 Meter Run Open	3:50pm	#98	Women 4x100 Meter Relay Select
12:03pm	#67	Men 400 Meter Run Open	4:00pm	#99	Women 4x100 Meter Relay Invitational
12:10pm	#68	Men 300 Meter Hurdles Open	4:10pm	#100	Women 1600 Meter Run Invitational/9
12:15pm	#69	Men 300 Meter Hurdles Open	4:18pm	#101	Men 1600 Meter Run Invitational/9
12:20pm	#70	Men 300 Meter Hurdles Open	4:30pm	#102	Men 110 Meter Hurdles Select
12:27pm	#71	Women 300 Meter Hurdles Open	4:34pm	#103	Men 110 Meter Hurdles Invitational
12:32pm	#72	Women 300 Meter Hurdles Open	4:40pm	#104	Women 100 Meter Hurdles Select
12:37pm	#73	Women 300 Meter Hurdles Open	4:44pm	#105	Women 100 Meter Hurdles Invitational
12:44pm	#74	Women 200 Meter Dash Open	4:50pm	#106	Men 100 Meter Dash Select
12:48pm	#75	Women 200 Meter Dash Open	4:54pm	#107	Men 100 Meter Dash Invitational
12:52pm	#76	Women 200 Meter Dash Open	4:58pm	#108	Women 100 Meter Dash Select
12:56pm	#77	Men 200 Meter Dash Open	5:02pm	#109	Women 100 Meter Dash Invitational
1:00pm	#78	Men 200 Meter Dash Open	5:07pm	#110	Men 800 Meter Run Invitational/9
1:04pm	#79	Men 200 Meter Dash Open	5:12pm	#111	Women 800 Meter Run Invitational/9
1:09pm	#80	Women 4x400 Meter Relay Open	5:17pm	#112	Women 400 Meter Dash Select
1:16pm	#81	Women 4x400 Meter Relay Open	5:22pm	#113	Women 400 Meter Dash Invitational
1:24pm	#82	Women 4x400 Meter Relay Open	5:27pm	#114	Men 400 Meter Dash Select
1:32pm	#83	Men 4x400 Meter Relay Open	5:32pm	#115	Men 400 Meter Dash Invitational
1:38pm	#83	Men 4x400 Meter Relay Open	5:37pm	#116	Men 300 Meter Hurdles Select
1:44pm	#83	Men 4x400 Meter Relay Open	5:45pm	#117	Men 300 Meter Hurdles Invitational
		<u>Saturday Open Field Events</u>	5:50pm	#118	Women 300 Meter Hurdles Select
10:00am	#84	Men Pole Vault Open/24	5:55pm	#119	Women 300 Meter Hurdles Invitational
10:00am	#85	Women High Jump Open/24	6:00pm	#120	Women 200 Meter Dash Select
10:00am	#86	Men Long Jump Open/24	6:05pm	#121	Women 200 Meter Dash Invitational
10:00am	#87	Women Triple Jump Open/24	6:10pm	#122	Men 200 Meter Dash Select
10:00am	#88	Men Shot Put Open/24	6:15pm	#123	Men 200 Meter Dash Invitational
10:00am	#89	Women Discus Open/24	6:20pm	#124	Women 3200 Meter Run Invitational/9
1:00pm	#90	Women Pole Vault Open/24	6:35pm	#125	Men 3200 Meter Run Invitational/9
1:00pm	#91	Men High Jump Open/24	6:50pm	#126	Women 4x400 Meter Relay Select
1:00pm	#92	Women Long Jump Open/24	6:57pm	#127	Women 4x400 Meter Relay Invitational
1:00pm	#93	Men Triple Jump Open/24	7:04pm	#128	Men 4x400 Meter Relay Select
1:00pm	#94	Women Shot Put Open/24	7:11pm	#129	Men 4x400 Meter Relay Invitational
1:00pm	#95	Men Discus Open/24			