



**The Durango High School Track and Field Team
Invites you to the**

Ron Keller Invitational

**Tuesday April 15, 2014, 2pm – 'til Lights Out!
Durango High School
Durango CO**

November 7, 2013

Dear Coach

Durango High School is hosting its Annual Ron Keller Invitational as a twilight meet on Tuesday April 15th, 2014. A coaches meeting will be held at 12:30pm, at the tent near the start/finish line. Field events will start at 1:00 and running events at 2pm.

- Meet entry fees are \$150 per school, with reciprocal agreements being honored.
- 3 entry limit/event for meet scoring, others to be entered as unattached and will not score.
- Ribbons three deep, T-shirt for winner.

We are trying to arrange to have boys/girls javelin as a demonstration event and are working with our facilities crew to find space to have the event. We will let you know as soon as we have this worked out.

High School - There is a 12-team limit for this meet, with a first-come, first-served policy. Please indicate, by emailing me your "intention to compete" by March 15, 2013, if you will be attending the meet. Entries will be online at CO-Milesplit and will be accepted up until 11:59pm on Sunday April 13th. Please include only official times from the 2014 season. If the represented time is from an indoor meet, please indicate as such.

For 2014, there will be six featured events; Special Olympics 100m, Coaches 400m run/hobble, Citizen's/Elite/Alumni 400m, 3200m, and mile events, and Citizen's shot put. In the mile event athletes will, as always, be attempting to break the 4-minute barrier. The entry fee for the Citizen's shot put, 400m and mile races will be \$15, with all proceeds going to the Durango Track & Field team. Put your money where your mouth is (or legs and arms are) and take on the DHS athletes in a winner takes all stakes!! If you win your event, and run faster or throw further than the high school athlete winners, we will present you with a \$50 dinner certificate to one of Durango's finest restaurants.

If you have any questions regarding the meet, please do not hesitate to contact me; email is best!

Good luck with your season, and I hope to see you on April 15th – regards!

David McMillan (aka Coach Mac, Head T&F Coach): (435) 849-0815; cohipac@gmail.com



DURANGO DEMONS

Ron Keller Invitational

Twilight Meet & Mile Shootout

Tuesday April 15th, 2013

Meet Schedule:

12:30pm: Coaches & Scratch Meeting

Field Events

1:00pm: Field Events - 1

Boys Discus

Girls Shot Put

Girls High Jump

Girls Pole Vault

Girls Long Jump

Girls Javelin (possible)

3:00pm, Approx: Field Events - 2

Girls Discus

Boys Shot Put

Citizens/Elite/Alumni Shot Put

Boys High Jump

Boys Pole Vault

Boys Long Jump

Boys Javelin (possible)

Running Events (Rolling start, times approximate after 2pm Start for HS events)

1:30pm: Citizens/Elite/Alumni 3200m

2:00pm: Girls 3200m Run

2:20pm: Boys 3200m Run

2:45pm: Girls Medley 800m

3:00pm: SPECIAL OLYMPICS 100M

3:15pm: Girls 3200m Relay

3:30pm: Boys 3200m relay

3:45pm: Girls 100m HH

4:00pm: Boys 110m HH

4:15pm: Girls 100m Dash

4:30pm: Boys 100m Dash

4:45pm: Girls 800m Relay

5:00pm: Boys 800m Relay

5:15pm: COACHES 400m "Hobble"

BREAK for tea & Coach Recovery! After Coaches 400m - 15 minutes

5:30pm: Girls 800m Run

5:45pm: Boys 800m Run

6:00pm: Girls 400m Relay

6:15pm: Boys 400m Relay

6:30pm: Girls 400m Dash

6:45pm: Citizens/Elite/Alumni 400m Dash

7:00pm: Boys 400m Dash

7:15pm: Girls 300m IH

7:30pm: Boys 300m IH

7:45pm: Girls 200m Run

8:00pm: Boys 200m Run

8:15pm: Girls 1600m Run

8:30PM: Citizens/Elite/Alumni 1600m/Mile Run

8:45pm: Boys 1600m Run

9:00pm: Girls 1600m Relay

9:15pm: Boys 1600m Relay