

**Mustang INVITE**  
**Track and Field Meet**  
Saturday, April 20<sup>th</sup> 2024  
PRE-QUALIFYING MEET

**THIS MEET IS HELD AT CENTAURUS HS, 10300 S. Boulder Road. Lafayette. CO. 80026.**

**CHECKS NEED TO BE MADE TO Mountain Range Track and Field!!**

**Meet Format:**

We would like to invite you to the Mustang Invite to be hosted on Saturday, April 20, 2024. We will be starting at 9am on Saturday morning. Feel free to contact me, John Marquez, via email at [john.marquez@adams12.org](mailto:john.marquez@adams12.org) if you have any questions.

**Entry Information:**

We are allowing **6 individual entries** per running event, **1 relay team** and **4 field event entries**. We have capped this meet at 10 teams with more entries per team, but with the teams coming it will be a very competitive meet. There will be assigned starting heights for all vertical jumps. The meet will be a pre-qualifier and will be a mix of 3A, 4A, and 5A teams. We will seed all competitors and run finals against time. In the LJ and TJ, all competitors will have 3 attempts and finals. You will have until **10 PM on the evening of Thursday, April 18th** to make your entries through [co.milesplit.com](http://co.milesplit.com). **There will be no substitutions the day of the meet.** Cost is **\$300.00** per team (boys and girls together).

PAYMENT CAN BE MADE AT WITH OUR BOOKKEEPER:

[Regan.B.Mijares@adams12.org](mailto:Regan.B.Mijares@adams12.org)

**MEET ENTRY PASSWORD: Mustang24**

**Bus Parking:**

Please have your bus drivers park in the far north end of the parking lot.

**Time Schedule:**

We will follow the traditional order of events with heats against time. **I am enclosing an anticipated schedule, but we will move ahead on the times if possible.** Fastest heats will run last. We will be starting both field events and running events at 9:00am.

We have added a Unified 100m that will be run at the conclusion of the boys 100m. **PLEASE MAKE SURE YOU ENTER YOUR UNIFIED ATHLETES IN THE UNIFIED 100**, not the open boys or girls 100.

**Seeding and Scratches:**

There will be a coaches' meeting 30 (8:30) minutes before the start of the first event. **No substitutions will be allowed** (this includes field events). All events are finals against time. All submissions must be verifiable on [co.milesplit.com](http://co.milesplit.com). Please use electronic times only (or the appropriate conversion from hand times) when making entries.

**Implement Weigh-In and Weight Check:**

Shot, Discus will weigh in near the concession stand by the entrance. Vaulting Poles, and Vaulter Weigh-in will be held in the east end of the track by the locker rooms beginning at 8:15am. **We would like all vaulters (boys and girls) and all implements to be weighed at this time.**

**Rules and Regulations:** The rules governing the meet are those of the Colorado High School Activities Association and the National Federation rules.

**Camps:**

No team camps are allowed in the infield, there will be a designated area for team camps on the west end of the track outside of the fenced area. Canopies will be allowed only in the south stands

**Infield/Competition Area Expectations:**

Competitors must report to the clerk at the staging area on the first call. We will check spikes. Maximum length allowed is 3/16". Coaches, managers, and non-competitors will be expected to remain in the stands or outside the infield during competition. Athletes may warm-up in the designated area west of the track. Coaching boxes will be provided for the pole vault, long jump, triple jump and high jump.

ABSOLUTELY NO gum and/or sunflower seeds are to be consumed on the infield. The surface is artificial.

**Starting Heights:**

Boys High Jump	4' 10"	Increase by 3" up to 5' 4" then 2" increments
Girls High Jump	3' 10"	Increase by 3" up to 4' 4" then 2" increments
Boys Pole Vault	8' 6"	Increase to 9'6", 10' then in 6 inch increments
Girls Pole Vault	7' 0"	Increase to 8', 8'6", then in 6 inch increments

We will run field events, Denver North has agreed to do shot put, we asking for help from our district schools with exchange zones.

- |                         |  |
|-------------------------|--|
| Girls HJ-Mountain Range | Girls SP-Denver North                                |
| Boys HJ-Mountain Range  | Boys SP-Denver North                                 |
| Girls PV-Mountain Range | Girls Disc-Mountain Range                            |
| Boys PV-Mountain Range  | Boys Disc-Mountain Range                             |
| Boys LJ-Mountain Range  | Hurdle Crew- Mountain Range                          |
| Girls LJ-Mountain Range | Relay Exchange's- Northglenn/Thornton/Mountain Range |
| Girls TJ-MountainRange  | SMR, 4x100 and 4x200                                 |
| Boys TJ-Mountain Range  |  |

# **Mustang Invite Invite**

## **Hosted by Mountain Range High School**

8:30 Coaches Meeting

9:00 Girls HJ, Girls TJ, Girls Shot Put, Boys Pole Vault, Boys LJ, Boys Discus

9:00 Girls Sprint Medley Relay 1 heat

9:05 Girls 3200 Relay 1 heat

9:20 Boys 3200 Relay 1 heat

9:35 Girls 100 M Hurdles 5 heats

9:45 Boys 110 M Hurdles 5 heats

9:55 Girls 100 M Dash 6 heats

10:10 Boys 100m Dash 6 heats

Unified 100 M Dash

10:30 Girls 4x200 M Relay 2 heats

10:45 Boys 4x200 M Relay 2 heats

11:00 Girls 1600 M Run 2 heats

11:15 Boys 1600 M Run 2 heats

11:30 Girls 4x100 M Relay 2 heats

11:45 Boys 4x100 M Relay 2 heats

11:55 MRHS Senior Recognition

12:00 Boys HJ, Boys TJ, Boys Shot Put, Girls Pole Vault, Girls LJ, Girls Discus

12:00 Girls 400 M Dash 5 heats

12:20 Boys 400 M Dash 6 heats

12:35 Girls 300 M Hurdles 4 heats

12:45 Boys 300 M Hurdles 6 heats

1:00 Girls 800 M Run 2 heats

1:15 Boys 800 M Run 2 heats

1:25 Girls 200 M Dash 6 heats

1:50 Boys 200 M Dash 6 heats

2:10 Girls 3200 M Run 1 Super heat

2:30 Boys 3200 M Run 1 Super heat

2:45 Girls 4x400 M Relay 1 heat

3:00 Boys 4x400 M Relay 2 heats

