

**Pioneer League Track and Field Championships**  
**Valor Christian High School Stadium**  
**Tuesday, May 5<sup>th</sup>**  
**2:30 p.m.**

Meet Directors: Rod Sherman - Athletic Director, Valor Christian  
Chase Green - Head Coach, Valor Christian

Rod Sherman  
303-471-3367  
Rod.sherman@valorchristian.com

Chase Green  
303-471-3259  
Chase.green@valorchristian.com

**Worker Assignments**

**Valor Christian** - Meet Director, 2 scorers, Pole Vault Event Management, press box announcer, awards, head timer, Long Jump

**Legend** - Timers (2), Triple Jump Event Management

**Palmer Ridge** - Timers (2), High Jump Event Management

**Vista Ridge** - Timers (2), Shot Put Event Management

**Discovery Canyon** - Timers (2), Discus Event Management

**General Information**

1. This meet has been approved as a pre-qualifying meet for the Colorado State Track and Field Championships.
2. Each school must provide stop watches for its timers.
3. Each school responsible for a field event must provide their own measuring tapes and enough workers to run the entire event. Clipboards, event forms and pencils will be supplied by Valor.
4. All timers must report to their assignment no later than 2:30 p.m.
5. All field event workers must report to their assignment no later than 3:00 p.m.
6. Each school may enter no more than four (4) competitors per individual event and one (1) relay team per relay event.
7. Scoring for all events: 6 places: 10-8-6-4-2-1
8. The League Champion will be determined from the league Meet only (not the triangular meets).
9. Only the records set at the Pioneer League Meet will count toward the All-Time Records.

## Running Events

1. All events will have a timed finals.
2. Running events will begin at 2:30 PM. The girls' events precede the boys' events.
3. All running events will be seeded based on times submitted by coaches. **DEADLINE FOR SUBMITTING ENTRIES IS NOON ON THURSDAY, APRIL 30<sup>TH</sup>.**
  - **ENTRIES WILL BE DONE ON-LINE. The email link will be sent to you by Saturday noon.**
  - **PLEASE BE SURE TO SUBMIT YOUR ENTRIES WITH YOUR SCHOOL'S CORRECT CHSAA ABBREVIATION CODE.**
  - **ONLY SCRATCHES WILL BE ALLOWED ON THE DAY OF THE MEET**
4. In races run in heats, heats will be run slowest to fastest. Depending on the number of entries per school, heats may be collapsed.
5. For the 800 and 1600 meter races, the number of entries will determine the number of heats. The 3200 meter run will be run in two heats (first girls, then boys).
6. Runners must report to the Check-In Clerk on the infield of the track before each race to get lane assignments and hip numbers.
7. Coaches meeting at 2:00 p.m.
8. Schedule: The day schedule will be sent to the Head Coaches by Monday morning, April 27<sup>th</sup>.

## Field Events

1. Field events will begin at 3:00 p.m. Athletes should check in no later than 2:30 p.m.
2. Implements and pole vaulters will be weighed in from 2:30-3:00.
3. Field events will be seeded by height and distance. The top competitors will be in the last flights.
4. Field event competitors will be given three (3) preliminary attempts. The top seven (8) will go to finals and receive three (3) additional attempts. The top preliminary mark may be used to determine finishing position.
5. Opening Heights:
  - a. Pole Vault: **Boys- 8'** (move up in 6" increments)  
**Girls- 6'** (move up in 6" increments)
  - b. High Jump: **Boys- 5'0"** (move up in 2" increments)  
**Girls- 4'2"** (move up in 2" increments)

*\*These may be adjusted prior to the start of the meet.*

6. Schedule:

- |                           |           |
|---------------------------|-----------|
| • 800 Medley (Girls only) | 2:30 pm   |
| • 4x800 Final             | 2:45 pm   |
| • 100/110 HH              | 3:05 pm   |
| • 100                     | 3:20 pm   |
| • 4x200                   | 3:35 pm   |
| • 1600                    | 3:45 pm   |
| • 4x100                   | 4:05 pm   |
| • 400                     | 4:15 pm   |
| • 300 H                   | 4:30 pm   |
| • 800                     | 4:40 pm   |
| • 200                     | 5:00 pm   |
| • 3200 Final              | 5:15 noon |
| • 4x400                   | 5:55 pm   |

Field Events

- First:
  - Girls Shot, Boys Discus, Girls PV, Boys HJ, Girls TJ, Boys LJ
- Following:
  - Boys Shot, Girls Discus, Boys PV, Girls HJ, Boys TJ, Girls LJ