

46th ANNUAL BOULDER COUNTY TRACK AND FIELD CHAMPIONSHIPS

Saturday, April 15th @ Longmont HS

- 7:30 a.m. Track and Stadium open for warm-ups
7:30-8:15 a.m. Shot and Discus weigh-in. Girls' pole vault, weigh-in at the vault.
8:15 a.m. First Calls—all non-competing athletes clear the infield
MORNING FIELD EVENTS
- 8:30 a.m. Girls: Pole Vault, Triple Jump, and Shot Put
8:30 a.m. Boys: High Jump, Long Jump, and Discus
- MORNING RUNNING EVENTS: all heats are finals against time**
- 8:45 a.m. Girls 800 Medley Relay (2 heats)
8:55 a.m. Girls 3200 M Relay (1 heat)
9:10 a.m. Boys 3200 M Relay (1 heat)
9:20 a.m. Girls 100 M Hurdles (7 heats)
9:40 a.m. Boys 110 M Hurdles (7 heats)
10:00 a.m. Girls 100 M Dash (7 heats)
10:15 a.m. Boys 100 M Dash (7 heats)
10:30 a.m. Girls 4 X 200 M Relay (2 heats)
10:40 a.m. Boys 4 X 200 M Relay (2 heats)
10:50 a.m. Girls 1600 M Run (2/3 heats)
11:00 a.m. Boys 1600 M Run (2/3 heats)
- 11:20-11:25 a.m. **Opening Ceremonies, Flag Ceremony and National Anthem** –
Student representatives from each school (1 boy, 1 girl) gather at north end of track
Introduction of Coaches/Teams
- 11:25-11:35 Introduction of Honorary Coach and Referee
11:35-11:45 Awarding of Scholarships
11:45 Unified 100 (possibly 2 heats)
- 11:55-12:05 **Morning Field Event Awards**
- 12:05-12:35 **LUNCH BREAK**
12:10-12:30 Shot and Discus weigh-in at the pump house.
Boys' pole vault, weigh-in at the vault. Warmup will begin 15 minutes after the conclusion of the girls' vault.
- AFTERNOON FIELD EVENTS**
- 12:30 p.m. Girls: Discus, High Jump, and Long Jump
12:30 p.m. Boys: Pole Vault, Triple Jump, and Shot Put
- AFTERNOON RUNNING EVENTS**
- 12:35 pm Girls 4 X 100 M Relay (2 heats)
12:40 pm Boys 4 X 100 M Relay (2 heats)
12:45 pm Girls 400 M Dash (7 heats)
1:05 p.m. Boys 400 M Dash (7 heats)
1:25 p.m. Girls 300 M Hurdles (7 heats)
1:45 p.m. Boys 300 M Hurdles (7 heats)
2:05 p.m. Girls 800 M Run (3/4 heats)
2:25 p.m. Boys 800 M Run (3/4 heats)
2:45 p.m. Girls 200 M Dash (7 heats)
3:05 p.m. Boys 200 M Dash (7 heats)
3:25 p.m. Girls 3200 M Run (1 heat)
3:45 p.m. Boys 3200 M Run (1/2 heats)
- 4:15 - 4:30 **Afternoon Field Event Awards**
4:30 - 4:40 **Coaches submit nominations for MVA and Outstanding Performance (Awards Area)**
4:40 p.m. Girls 4 X 400 M Relay (2 heats)
4:55 p.m. Boys 4 X 400 M Relay (2 heats)
5:15 p.m. **Awards** - First and Second place team awards, MVA, Outstanding Performance, Lonnie Nixon Awards, and Bob Charles Awards