

Longmont Invitational – 2023

**Time Schedule: We will move ahead
of schedule after the dinner break if possible**

11:30 Coaches' Meeting
(meet at the start/finish line)

11:00 PV Check & Weigh In - All Vaulters
11:00 Shot/Disc Weigh In -All Throwers

Cut-Off times for 800, 1600 and 3200 are:

Girls: 3:20, 7:20, and 14:30

Boys: 2:50, 6:20, and 13:00

LJ, TJ, SP, Discus:
3 attempts, top 9 to finals

Max # of heats

12:00	Girls 800 Medley Relay	3 heats
12:10	Girls 3200 Relay	1 heat
12:25	Boys 3200 Relay	1 heat
12:35	Girls 100 M Hurdles	9 heats
12:55	Boys 110 M Hurdles	9 heats
1:15	Girls 100 M Dash	14 heats
1:45	Boys 100 M Dash	16 heats
2:15	Girls 4x200 M Relay	3 heats
2:25	Boys 4x200 M Relay	4 heats
2:40	Girls 1600 M Run	3 heats
3:05	Boys 1600 M Run	4 heats
3:40	Girls 4x100 M Relay	3 heats
3:50	Boys 4x100 M Relay	5 heats
4:05	Girls 400 M Dash	9 heats
4:30	Boys 400 M Dash	14 heats

12:00 Girls High Jump
4' 1", 4'4", 4'7" then 2"

12:00 Girls Long Jump
measuring over 14'

12:00 Girls Shot Put
measuring over 26'

12:00 Boys Pole Vault
7'2", 8'2", 9'2", 10'2" ,then 6"

12:00 Boys Triple Jump
measuring over 36'

12:00 Boys Discus
measuring over 100'

5:00 Dinner Break
Longmont Senior Recognition

3:00 Boys High Jump
5' 1", 5'4", 5'7" then 2"

3:30 Boys Long Jump
measuring over 18'

3:00 Boys Shot Put
measuring over 35'

5:30	Girls 300 M Hurdles	9 heats
5:50	Boys 300 M Hurdles	9 heats
6:10	Girls 800 M Run	4 heats
6:30	Boys 800 M Run	4 heats
6:45	Girls 200 M Dash	14 heats
7:15	Boys 200 M Dash	16 heats

3:30 Girls Pole Vault
6'2", 7'2" then 6"

3:00 Girls Triple Jump
measuring over 28'

3:30 Girls Discus
measuring over 80'

7:45	Boys 3200 M Run	1 heat
8:00	All Girls 3200 M Run	1 heat
8:15	Elite Boys 3200 M Run	1 heat
8:25	Les Coyle Memorial Co-ed Weight Person 4x100 Relay (B-G-B-G)	2 heats
8:35	Girls 4x400 M Relay	3 heats
8:55	Boys 4x400 M Relay	4 heats