Randall Hess Invitational 2.0

ROOSEVELT
ROUGHRIDERS

April 22nd, 2023

Questions regarding the content of this packet should be directed to
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SPECIAL THANK YOU TO BERTHOUD HIGH SCHOOL AND COACH BLAINE VOTH FOR ALLOWING US TO BORROW THEIR FACILITY FOR THE 2023 VERSION OF THE RANDALL HESS!

Randall Hess Invitational Details

Pre-Qualifying: CHSAA sanctioned state pre-qualifying meet.

Games Committee: Bryan Horn, Daniel Joiner, Abe Sauer, Blaine Voth

Entry Fee: **$325**

Entry Deadline: The deadline for entries will be **Thursday, April 20th at 7:00 pm**
At this time Mile Split will close the entries online. This will be an absolute deadline for adding entries.

Entry Limits: No more than **3** entries in each individual event and **1** relay team per relay event. We will be flexible regarding extra entries for potential state qualifying athletes. This will be done through text, phone, or email.

FLIGHTS/HEATS FORMAT:
We will be implementing the TOP FLIGHTS FIRST AND FASTEST TO SLOWEST HEATS FORMAT. Please communicate this to athletes and spectators.

Bus Parking: Buses can park in the west parking lot.

Team Camps: Teams can set up camp on the grass areas SURROUNDING the facility. Please be mindful of the shotput and discus areas.

Warm Ups: Track events can use the football practice field south of the track. THE INFIELD WILL BE CLOSED EXCEPT FOR EVENTS ON THE TRACK. Field event warm up can only occur when the event area is designated as open.

Implement/Vault Weigh In:
Weigh in for implements will be at the garage behind the grandstands located south of the track area. Athletes should keep their implements stationary when in their possession until they enter the ring for either warm up or competition.

Vaulters will weigh in at the event location.

Prelims/Finals: All running events will be timed finals from slow-fast, girls-boys. Three attempts will be given in field events with the top 9 to finals.

Coaches Meeting: **8:00am** at the garage area north of the concessions stand.

Concessions: Full concessions will be available throughout the day.

Admission: **$6.00 for adults, $5.00 for students**

<h1 style="text-align:center">Time Schedule (Tentative – will adjust according to entries)</h1>

Field Events: (Prelims and Finals) (9 to Finals)

*STARTING HEIGHT FOR GIRLS HIGH JUMP WILL BE 4' 3" WITH 3" INCREMENTS UNTIL THE FIELD IS AT 4' 9". WE WILL THEN PROGRESS BY 2" TO 4' 11". THEN WE WILL PROGRESS BY 1".

**STARTING HEIGHT FOR BOYS HIGH JUMP WILL BE 5' 3" WITH 3" INCREMENTS UNTIL THE FIELD IS AT 5' 9". WE WILL THEN PROGRESS BY 2" TO 5' 11". THEN WE WILL PROGRESS BY 1".

***STARTING HEIGHT FOR GIRLS POLE VAULT WILL BE 6' WITH 1' INCREMENTS UNTIL THE FIELD IS AT 8'. WE WILL THEN PROGRESS BY 1'.

****STARTING HEIGHT FOR BOYS POLE VAULT WILL BE 8' WITH 1' INCREMENTS UNTIL THE FIELD IS AT 10'. WE WILL THEN PROGRESS BY 1'.

8:30am	Boys:		Girls:	
	Shot Put (35' min)			Discus (70' min)
	Long Jump (17' 0" min)			Triple Jump (26' min)
	High Jump			Pole Vault

12:30pm	Boys:		Girls:	
	Discus (90' min)			Shot Put (25' min)
	Triple Jump (36' min)			Long Jump (14' 0" min)
	Pole Vault			High Jump

Running Events:

Time	Event
9:00am	Girls 3200 Meter Run
9:20am	Boys 3200 Meter Run
9:35am	Girls 800 Meter Medley
9:45am	Girls 4 X 800 Meter Relay
10:00am	Boys 4 X 800 Meter Relay
10:15am	Girls 100 Meter Hurdles
10:30am	Boys 110 Meter Hurdles
10:45am	Unified 100m Dash
10:50am	Girls 100 Meter Dash
11:15am	Boys 100 Meter Dash
11:35am	Girls 4X200 Meter Relay
11:45am	Boys 4X200 Meter Relay
12:00pm	Girls 1600 Meter Run
12:20pm	Boys 1600 Meter Run
12:40pm	Unified 200m Dash
12:45pm	LUNCH BREAK
1:15pm	Girls 4 x 100 Meter Relay
1:30pm	Boys 4 x 100 Meter Relay
1:45pm	Girls 400 Meter Dash
2:05pm	Boys 400 Meter Dash
2:25pm	Girls 300 Meter Hurdles
2:45pm	Boys 300 Meter Hurdles
3:05pm	Girls 800 Meter Run
3:20pm	Boys 800 Meter Run
3:30pm	Girls 200 Meter Dash
3:50pm	Boys 200 Meter Dash
4:10pm	Throwers Relay
4:25pm	Senior Recognition
4:40pm	2 heats - Girls 4 X 400 Meter Relay
4:55pm	2 heats - Boys 4 X 400 Meter Relay