

2024 Dakota Ridge Invitational

April 20, 2024-8:30AM
Jefferson County Stadium

RULES AND REGULATIONS:

The rules governing the meet are those of the National Federation of the State High School Association and The Colorado High School Activities Association. The 3200m will be in the morning.

STATE QUALIFYING MEET:

This meet is a qualifier for the state track meet and all rules and regulations pertaining to such a meet will be followed (uniforms, jewelry, etc.)

SCORING: 10-8-7-6-5-4-3-2-1 (Nine Places)

ADDITIONAL INFORMATION:

- No athletes or coaches will be allowed on the infield during the meet unless they are competing or warming up for the next event in the warm up area.
- Athletes are to report to the check in area at the first call prior to the event by the starting points on the infield.
- Tents may only be set up on the top row of bleachers, first come first serve.
- Concessions will be available.
- A trainer will be available for treatment of injuries.

Dakota Ridge Invite Schedule 2024

- **8:30 am** 3200m Girls
- Boys 3200m
- Girls 800 M Medley (Finals Heats v Time)
- Girls 4 x 800 M Relay (Finals)
- Boys 4 x 800 M Relay (Finals)
- Girls 100 M High Hurdles (Finals-Heats v Time)
- Boys 110 M High Hurdles (Finals-Heats v Time)
- Girls 100 M Dash (Finals-Heats v Time)
- Boys 100 M Dash (Finals-Heats v Time)
- Girls 4 x 200 M Relay (Finals-Heats v Time)
- Boys 4 x 200 M Relay (Finals-Heats v Time)
- Girls 1600 M Run (Finals-Heats v Time)
- Boys 1600 M Run (Finals-Heats v Time)
- Girls 4 x 100 M Relay (Finals-Heats v Time)
- Boys 4 x 100 M Relay (Finals-Heats v Time)
- Girls 400 M Run (Finals-Heats v Time)
- Boys 400 M Run (Finals-Heats v Time)
- Girls 300 M LH (Finals-Heats v Time)

- Boys 300 M HH (Finals-Heats v Time)
- Girls 800 M Run (Finals-Heats v Time)
- Boys 800 M Run (Finals-Heats v Time)
- Girls 200 M Dash (Finals-Heats v Time)
- Boys 200 M Dash (Finals-Heats v Time)
- Girls 1600m EAGLE JV
- Boys 1600m EAGLE JV
- 4 x 400 M Relay (Finals-Heats v Time)
- 4 x 400 M Relay (Finals-Heats v Time)

9:00 AM Session 1: Field Events

Girls Pole Vault, Girls Triple Jump, Girls High Jump (North Pit),

Boys Long Jump, Girls Shot Put, Boys Discus.

Following Completion of Session 1....Listen for Calls

Boys Pole Vault, Boys Triple Jump, Girls Long Jump, Boys Shot Put,

Girls Discus, Boys High Jump (North Pit)