



**SPRING DUALS
TRACK & FIELD MEET
SATURDAY, MARCH 14TH
ARAPAHOE HIGH SCHOOL**

Welcome to the 16th annual LPS Spring Break Duals this year to be hosted at Arapahoe High School by Arapahoe, Heritage, and Littleton High Schools.

RULES AND REGULATIONS:

The rules governing the meet are those of the National Federation of the State High School Association, The Colorado High School Activities Association and the LPS Spring Break Duels games committee.

STATE PRE-QUALIFYING MEET:

The LPS Spring Break Qualifier is a sanctioned State Pre-Qualifying meet. Certified Officials, Fully Automatic Timing system and wind gauges will be used to comply with CHSAA rules and regulations.

DATE OF MEET: Saturday, March 14, 2026

SITE: Arapahoe High School- 2201 E. Dry Creek Rd. Centennial

COACHES MEETING: There will be a coaches meeting.

ADMISSION: Free

SCORING: Dual meet scoring format will be used. (5-3-1 for individual events / 5-0 for relay events)
This year's matchups will be as follows:

Tentative Teams

Arapahoe vs. Mountain Vista

Eagle Crest vs. Rock Canyon

Littleton vs. Wheat Ridge

Legend vs. D'Evelyn

AWARDS: Event champion shirts.

ADDITIONAL INFORMATION:

- Athletes are to report to the check in area 5 minutes prior to their event
- Warm up area will be located in the fenced off section of the infield and limited to that area only.
- Camps need to be outside of the warm up area. Rock Canyon, Bear Creek, Mt. Vista and Legend, will be located in the south end zone and Arapahoe, Heritage, Wheat Ridge and Littleton will be located in the north end zone.
- Concessions will be available.
- A trainer will be available for treatment of injuries.
- **Please tell your athletes parents to bring lawn chairs and blankets for their comfort due to our limited seating.**

ARAPAHOE WARRIORS TRACK & FIELD

TIME SCHEDULE

9:00 COACHES MEETING

TRACK EVENTS-

10:30 3200M RELAY GIRLS (1 HEAT)
3200M RELAY BOYS (1 HEAT)
100M HURDLES GIRLS (4 HEATS)
110M HURDLES BOYS (4 HEATS)
100M DASH GIRLS (4 HEATS)
100M DASH BOYS (4 HEATS)
800M RELAY GIRLS (1 HEAT)
800M RELAY BOYS (1 HEAT)
1600M RUN GIRLS (1 HEAT)
1600M RUN BOYS (1 HEAT)
400M RELAY GIRLS (1 HEAT)
400M RELAY BOYS (1 HEAT)
400M DASH GIRLS (4 HEATS)
400M DASH BOYS (4 HEATS)
300M HURDLES GIRLS (4 HEATS)
300M HURDLES BOYS (4 HEATS)
800M RUN GIRLS (2 HEATS)
800M RUN BOYS (2 HEATS)
200M DASH GIRLS (4 HEATS)
200M DASH BOYS (4 HEATS)
3200M RUN GIRLS (1 HEAT)
3200M RUN BOYS (1 HEAT)
OFFICIALS BREAK – Optional – might do a rolling schedule
1600M RELAY GIRLS (1 HEAT)
1600M RELAY BOYS (1 HEAT)

HEATS WILL BE RUN BY SEED MARKS (SLOW TO FAST)
ALL HEATS RUN AS A FINAL, LANE PREFERENCE (4-5-6-3-2-7-8-1)
NUMBER OF HEATS AND FLIGHTS SUBJECT TO CHANGE
STARTING HEIGHTS WILL BE BASED ON ENTRIES (There is time to start low)

FIELD EVENTS

10:00	GIRLS SHOT PUT (2-3 FLIGHTS)	12:00	BOYS SHOT PUT (2-3 FLIGHTS)
	BOYS DISCUS (2-3 FLIGHTS)		GIRLS DISCUS (2-3 FLIGHTS)
	BOYS LONG JUMP (2-3 FLIGHTS)		GIRLS TRIPLE JUMP (2-3 FLIGHTS)
	GIRLS LONG JUMP (2-3 FLIGHTS)		BOYS TRIPLE JUMP (2-3 FLIGHTS)
	BOYS POLE VAULT (STARTING HEIGHT 9'0")		GIRLS POLE VAULT (STARTING HEIGHT 7'0")
	GIRLS HIGH JUMP (STARTING HEIGHT TBD)		BOYS HIGH JUMP (STARTING HEIGHT TBD)

FLIGHTS WILL BE RUN BY SEED MARKS (WORST TO BEST)
3 PRELIMINARY ATTEMPTS WITH FINALS FOLLOWING THE SECOND FLIGHT, TOP 9 TO FINALS

PLEASE REMEMBER TO KEEP OUR SITE CLEAN AND PICK UP TRASH.

ARAPAHOE WARRIORS TRACK & FIELD