

2026 Dakota Ridge Invitational

April 18, 2026-8:30AM
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)

Starting heights/minimum marks:

- **Starting heights / minimum marks:**
- Pole Vault - 9'7 boys (1', 1' then 6 inches) / 6'7" girls (6 inches)
- High Jump - 5'5 boys / 4'5 girls
- Long Jump - 18'0 Boys / 14'0" Girls
- Triple Jump - 36'0 Boys / 29'0 Girls
- Shot Put - 36'0 Boys / 26'0 Girls
- Discus - 90'0 Boys / 72'0 Girls

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.
- Athletes, coaches and spectators enter through the west gates.

Dakota Ridge Invite Schedule 2026

ROLLING SCHEDULE

- **8:00am** Weight In- Shot, Discus and Pole Vault

- **8:30 am Running Events-**

- 3200m Girls -48 entries
- 3200m Boys -48 entries
- Girls 4 x 800 M Relay
- Boys 4 x 800 M Relay
- Girls 100 M High Hurdles
- Boys 110 M High Hurdles
- Girls 100 M Dash
- Boys 100 M Dash
- Girls 4 x 200 M Relay
- Boys 4 x 200 M Relay
- Girls 1600 M Run – top 72 entries
- Boys 1600 M Run -top 72 entries
- Girls 4 x 100 M Relay
- Boys 4 x 100 M Relay
- Girls 400 M Run
- Boys 400 M Run
- Girls 300 M Hurdles
- Boys 300 M Hurdles
- Girls 800 M Run
- Boys 800 M Run
- Girls 200 M Dash
- Boys 200 M Dash
- Girls Stenbeck 1600m
- Boys Stenbeck 1600m
- 4 x 400 M Relay
- 4 x 400 M Relay

9:00 AM - Field Events (Top 48 entries)

Three trials and finals in the long jump, triple jump, shot put and discus

Girls Pole Vault followed by Boys
Girls Triple Jump followed by Boys
Boys High Jump (North Pit)
Girls High Jump (South Pit)
Boys Long Jump followed by Girls
Girls Shot Put followed by Boys
Boys Discus followed by Girls