

# NIWOT INVITATIONAL

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## Meet Details

**Date:** March 28, 2026

**Address:** [8989 Niwot Rd, Niwot, CO 80503](#)

**Tickets:** [Online Admission Tickets](#)

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

**Games Committee:** Head Coaches from participating schools, head timer, head officials.

**Prelims/Finals:** All running events will be timed finals from slow to fast girls-boys. All flights of Long Jump, and Triple Jump will get three attempts (no finals) the top two flights will be 4 attempts (no finals). All flights of Shot Put, Discus, will get three attempts (no finals) the top flight will be four attempts (no finals).

**Coaches Meeting:** 8:30 AM in the Weight Room (north end of the track).

### **Minimums:**

- *LJ 13' Girls/17' Boys*
- *TJ, 26' Girls/35' Boys*
- *SP 25' Girls/35' Boys*
- *Discus 70' Girls/90' Boys*
- *HJ 4'4" Girls/5'4" Boys*
- *Pole Vault Girls 7'/Boys 9'*

## **NIWOT INVITATIONAL EVENT SCHEDULE**

### **THIS IS A ROLLING SCHEDULE**

**the meet may go faster pay attention to the announcements**

**Field Events:** 4 attempts for top 2 flights, three attempts for other flights, no finals, Long, and Triple Jump. 4 attempts for top flight, three attempts other two flights, no finals, Shot Put and Discus. Weigh-ins will all occur at the weight room starting at 8:00 AM a map can be [found here](#).

<b>9:00 AM</b>	Boys: Pole Vault Long Jump	Girls: Discus Long Jump High Jump
<b>10:30AM</b>	Boys: Discus	
<b>1:00 PM</b>	Boys: High Jump Triple Jump	Girls: Shot Put Triple Jump Pole Vault
<b>2:30PM</b>	Boys: Shot Put	

### **Running Events: Start at 9:00**

9:00am - Girls 3200 Meter Run Final  
9:30am - Boys 3200 Meter Run Heat  
10:15am - Girls 4 X 800 Meter Relay - Final  
10:30am - Boys 4 X 800 Meter Relay - Final

- 10:45am - Girls 100 Meter Hurdles - Final
- 10:55am - Boys 110 Meter Hurdles - Final
- 11:10am - Unified 100 Meter Dash - Final
- 11:15am - Girls 100 Meter Dash - Final
- 11:45am - Boys 100 Meter Dash - Final
- 12:15pm - Girls 4X200 Meter Relay - Final
- 12:25pm - Boys 4X200 Meter Relay - Final
- 12:30pm - Girls 1600 Meter Run - Final
- 1:10pm - Boys 1600 Meter Run - Final
- 1:50pm Lunch break officials, coaches, workers
- 2:15pm - Girls 4 x 100 Meter Relay - Final
- 2:20pm - Boys 4 x 100 Meter Relay - Final
- 2:30pm - Girls 400 Meter Dash - Final
- 3:00pm - Boys 400 Meter Dash - Final
- 3:30pm - Girls 300 Meter Hurdles - Final
- 3:45pm - Boys 300 Meter Hurdles - Final
- 4:00pm - Girls 800 Meter Run - Final
- 4:30pm - Boys 800 Meter Run - Final
- 5:00pm - Girls 200 Meter Run - Final
- 5:30pm - Boys 200 Meter Run - Final
- 6:10pm - Girls 4 X 400 Meter Relay - Final
- 6:20pm - Boys 4 X 400 Meter Relay - Final

