

# NIWOT INVITATIONAL-

# UPDATED 3/23/2026

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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. Field Events: 3 attempts for Long Jump Triple Jump Shot Put and Discus the top 9 to finals. Weigh-ins will all occur at the weight room starting at 8:00 AM a map can be [found here](#).

**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:** 3 attempts for Long Jump Triple Jump Shot Put and Discus the top 9 to finals. 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 Discus	Girls: Shot Put Long Jump High Jump
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<b>1:00 PM</b>	Boys: High Jump Triple Jump Shot Put	Girls: Discus Triple Jump Pole Vault
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### **Running Events: Start at 8:45**

8:45am - Girls 3200 Meter Run Final (**all heats**)  
9:15am - Boys 3200 Meter Run Heat (**all heats**)  
10:00am - Girls 4 X 800 Meter Relay - Final  
10:15am - Boys 4 X 800 Meter Relay - Final  
10:30 am - Girls 100 Meter Hurdles - Final

10:40 am - Boys 110 Meter Hurdles - Final  
 10:55 am - **Unified 100 Meter Dash - Final**  
 11:00 am - Girls 100 Meter Dash - Final  
 11:30 am - Boys 100 Meter Dash - Final  
 12:00 pm - Girls 4X200 Meter Relay - Final  
 12:20 pm - Boys 4X200 Meter Relay - Final  
 12:40 pm - **Lunch break for officials, coaches, and workers**  
 1:00 pm - Girls 1600 Meter Run - Final  
 1:45 pm - Boys 1600 Meter Run - Final  
 2:20 pm - Girls 4 x 100 Meter Relay - Final  
 2:40 pm - Boys 4 x 100 Meter Relay - Final  
 3:00 pm - Girls 400 Meter Dash - Final  
 3:40 pm - Boys 400 Meter Dash - Final  
 4:20 pm - Girls 300 Meter Hurdles - Final  
 4:40 pm - Boys 300 Meter Hurdles - Final  
 5:00 pm - Girls 800 Meter Run - Final  
 5:40 pm - Boys 800 Meter Run - Final  
 6:20 pm - Girls 200 Meter Run - Final  
 6:50 pm - Boys 200 Meter Run - Final  
 7:20 pm - Girls 4x400 Meter Relay- Final  
 7:40 pm - Boys 4x400 Meter Relay-Final

