

NIWOT INVITATIONAL-

UPDATED 3/27/2026

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: 7:30 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](#).

9:00 AM	Boys: Pole Vault Long Jump Discus	Girls: Shot Put Long Jump High Jump
----------------	---	---

1:30 PM	Boys: High Jump Triple Jump Shot Put	Girls: Discus Triple Jump Pole Vault
----------------	--	--

Running Events: Start at 8:45

- 8:00 am - Girls 3200 Meter Run Heat - Final (slow heats) (1)
- 8:45 am - Boys 3200 Meter Run Heat - Final (slow heats) (2)
- 9:25 am National anthem**
- 9:30 am- Girls 3200 Meter Run Heat- Final (Fast heat)**
- 9:45 am- Boys 3200 Meter Run Heat- Final (Fast heat)**

10:00 am- Girls 4x800 Meter Relay- Final (1) heat
 10:15 am - Boys 4 X 800 Meter Relay - Final (1) heat
 10:30 am - Girls 100 Meter Hurdles - Final (7) heats
 10:50 am - Boys 110 Meter Hurdles - Final (7) heats
 11:05 am - **Unified 100 Meter Dash - Final (1) heat**
 11:10 am - Girls 100 Meter Dash - Final (16) heats
 11:40 am - Boys 100 Meter Dash - Final (20) heats
 12:15 pm - Girls 4X200 Meter Relay - Final (2) heats
 12:30 pm - Boys 4X200 Meter Relay - Final (2) heats
 12:45 pm - **Lunch break for officials, coaches, and workers**
 1:00 pm - Girls 1600 Meter Run - Final (5) heats
 1:45 pm - Boys 1600 Meter Run - Final (8) heats
 2:30 pm - Girls 4 x 100 Meter Relay - Final (3) heats
 2:45 pm - Boys 4 x 100 Meter Relay - Final (3) heats
 3:00 pm - Girls 400 Meter Dash - Final (11) heats
 3:40 pm - Boys 400 Meter Dash - Final (14) heats
 4:20 pm - Girls 300 Meter Hurdles - Final (6) heats
 4:40 pm - Boys 300 Meter Hurdles - Final (8) heats
 5:00 pm - Girls 800 Meter Run - Final (6) heats
 5:40 pm - Boys 800 Meter Run - Final (8) heats
 6:20 pm - Girls 200 Meter Run - Final (17) heats
 6:50 pm - Boys 200 Meter Run - Final (20) heats
 7:20 pm- Girls 4x400 Meter Relay- Final (3) heats
 7:40 pm- Boys 4x400 Meter Relay-Final (3) heats

