

APPROXIMATE TIME SCHEDULE

1:45 pm Coaches Meeting

First event will start at 2:00 pm and run consecutively one following the other.

Girls' 800 Meter Medley Relay (100-100-200-400)

Boys' 800 Meter Medley Relay (100-100-200-400)

Girls' 3200 Meter Relay (4 X 800)

Boys' 3200 Meter Relay (4 X 800)

Girls' 100 Meter Hurdles

Boys' 110 Meter Hurdles

***Boys' 440 Meter Shuttle Hurdle Relay (4 X 110HH)**

***Girls' 400 Meter Shuttle Hurdle Relay (4 X 100H)**

Girls' 100 Meter Dash

Boys' 100 Meter Dash

Girls' 6400 Meter Team Relay (Race) (4 X 1600)

Boys' 6400 Meter Team Relay (Race) (4 X 1600)

Girls' 800 Meter Relay (4 X 200)

Boys' 800 Meter Relay (4 X 200)

Girls' 1200 Meter Relay (4 X 300)

Boys' 1200 Meter Relay (4 X 300)

Girls' 400 Meter Relay (4 X 100)

Boys' 400 Meter Relay (4 X 100)

Girls' Distance Medley Relay (800-400-1200-1600)

Boys' Distance Medley Relay (800-400-1200-1600)

Girls' 400 Meter Dash

Boys' 400 Meter Dash

Girls' 300 Meter Hurdles

Boys' 300 Meter Hurdles

Girls' 800 Meter Run

Boys' 800 Meter Run

Girls' 200 Meter Dash

Boys' 200 Meter Dash

Girls' 3200 Meter Team Race

Boys' 3200 Meter Team Race

Girls' 1600 Meter Medley Relay (200-200-400-800)

Boys' 1600 Meter Medley Relay (200-200-400-800)

Girls' 1600 Meter Relay (4 X 400)

Boys' 1600 Meter Relay (4 X 400)

Girls' Throwers' Relay (4 x 100)

Boys' Throwers' Relay (4 x 100)

Rules

1. Entries – one team per relay per school.
2. An athlete may not enter more than four events (track and field combined).
3. All heats are timed and final. Winners will be determined accordingly.
4. Coaches and athletes not participating or warming up are to remain in the stands. Keep the finish line clear. Managers are not allowed on the track.
5. Meet will be scored 10-8-6-5-4-3-2-1. The Throwers' Relay will not count toward team points.
6. Only throwers who participate in the shot and/or discuss field relays can run in the Throwers' Relay.
7. The time schedule is approximate. Events will begin at the earliest opportunity.

JEFFERSON COUNTY 76th ANNUAL LEAGUE RELAYS



4A - Wednesday, April 15, 2026

**JEFFERSON COUNTY
LEAGUE RELAYS TRACK EVENTS**

1. 6400 Meter Team Relay (4 X 1600). One Heat. Scored by time.
2. **Boys'** 440 Meter Shuttle Hurdle Relay (4 X 110 High Hurdles). Four runners constitute a team; each runs 110 meters over 10 hurdles. Hurdlers must remain in their blocks until the incoming runner enters the exchange zone, which is 4 feet from the starting line. Officials will disqualify teams which violate the rule.

Girls' 400 Meter Shuttle Relay (4 X 100 Hurdles). Four runners constitute a team; each runs 100 meters over 10 hurdles. Hurdlers must remain in their blocks until the incoming runner enters the exchange zone, which is 4 feet from the starting line. Officials will disqualify teams which violate the rule.
3. 400 Meter Relay (4 X 100). Two turn stagger. All runners remain in assigned lanes.
4. 800 Meter Medley Relay (100-100-200-400). Two heats. Two turn stagger. The first three runners remain in their lanes. Fourth runner may cut to the pole (inside lane) after gaining possession of the baton.
5. 3200 Meter Relay (4 X 800). 4 Box Start. Runners will break after the 1st turn. S.E. Corner
6. 1200 Meter Relay (4 X 300). Two-turn stagger. The first runner remains in assigned lane. The second runner may cut to the pole (inside lane) after reaching the straightaway. Third and fourth runners scramble.
7. 800 Meter Relay (4 X 200). Four-turn stagger. Race is run in lanes the entire distance.
8. Distance Medley Relay (800-400-1200-1600). 4 box start. Run in alleys to the green break line at the SE corner. Second, third, and fourth runners scramble. More than nine teams run box start.
9. 1600 Meter Relay (4 X 400). Three-turn stagger. The first runner remains in assigned lane. The second runner must stay in lane until they have rounded the curve and then cut at the green line. Third and fourth runners scramble.
10. 1600 Meter Medley Relay (200-200-400-800). Two-turn stagger. The 1st and 2nd runners remain in assigned lanes. The 3rd and 4th runners may cut immediately after the exchange.
11. 3200 Meter Team Race. Two-man race. Scored by time.
12. Throwers' Relay (4 X 100). Two-turn stagger. All runners remain in assigned lanes.

**JEFFERSON COUNTY
LEAGUE RELAYS FIELD EVENTS**

Each School will have 4 participants representing their school to be eligible for each event.

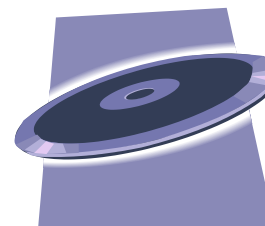
Top event performers will be in the last heat for each event.

There will be four heats for each event. Each heat will have one athlete from each school. Each athlete will have 4 total attempts.

Field Event Schedule

Field Events Begin at 2:00pm

Girl's Shot Put	Boy's Follow Immediately after Completion
Girl's Long Jump	Boy's Follow Immediately after Completion
Girl's Pole Vault	Boy's Follow Immediately after Completion
Girl's High Jump	2:00 pm - South Pit
Boy's High Jump	2:00 pm - North Pit
Boy's Discus	Girl's Follow Immediately after Completion
Boy's Triple Jump	Girl's Follow Immediately after Completion



**BOYS - JEFFERSON COUNTY LEAGUE RELAYS
2025-2026**

<u>400 METER RELAY</u> (C. Ruby, P. Tomsick, E. Shirazi, E. Shirazi)	Ralston Valley 42.28	2025
<u>440 METER SHUTTLE HURDLE RELAY (39")</u> (Webber, Olsen, Paradise, Crumb)	Bear Creek 1:01.13	1996
<u>800 METER RELAY</u> (Weeks, Swanson, Choboian III, Coleman)	Green Mountain 1:29.51	2024
<u>800 METER MEDLEY RELAY</u> (Collier, Dixon, Graham, Beck)	Standley Lake 1:33.25	2024
<u>1200 METER RELAY</u> (Oskvarek, Burton, Schneider, Valasquez)	Arvada West 2:26.03	1985
<u>1600 METER RELAY</u> (Grinshaw, Faulkner, Vincent, Siegfried)	Bear Creek 3:23.42	1987
<u>1600 METER MEDLEY RELAY</u> (Kaeden Law, Camden Law, Kiefer Batz, Andrew Oldroyd)	Chatfield 3:35.30	2021
<u>3200 METER TEAM RACE</u> (Retired 2015) (Fagan, McQuire) (Kelly, Straubinger) (McGuire, Straubinger) (Schwaderer, Wahlers)	Bear Creek D'Evelyn D'Evelyn Wheat Ridge	3 points 1994 3 points 2000/2001 3 points 2002 3 points 2003
<u>3200 METER TEAM RACE</u> (Costelow, Eike)	Valor 20:04.14	2022
<u>3200 METER RELAY</u> (Tonton, Klose, Wetz, Reese)	Wheat Ridge 8:04.18	1994
<u>6400 METER RELAY</u> (Morrin, Ohlson, Vancil, Abrashoff) (Retired 2015) (John McGuire, Ross Blahnik, Will Nemirow, Kevin Williams)	Dakota Ridge 18:00.88 D'Evelyn 10 points	2019 2005
<u>DISTANCE MEDLEY RELAY</u> (M. Testa, A. Vancil, C. Ohlson, B. Piegat)	Dakota Ridge 10:42.36	2018
<u>HIGH JUMP RELAY</u> (Weaver, Weins, Cawley, Lang)	Arvada 25'0	1994
<u>LONG JUMP RELAY</u> (Liggett, Lindblom, Rippley, Smith)	Standley Lake 84'8"	1994
<u>TRIPLE JUMP RELAY</u> (Ramos, Tyrrell, Bisque, Niedzielski)	Arvada West 169' 10 ^{1/2} "	1983
<u>SHOT PUT RELAY</u> (Carvalho, LaValley, McGoveran, Moorman)	Pomona 195' 8"	2005
<u>DISCUS THROW RELAY</u> (Kline, Ripsam, Mally, Glenn)	Pomona 596'9"	1984
<u>POLE VAULT RELAY</u> (Boulacker, Schultz, Clifton, Daley)	Bear Creek 49'6"	1994
<u>WEIGHTMEN'S RELAY</u> (Kline, Ripsam, D'Ascoli, Glenn)	Pomona 45.86	1984

**GIRLS - JEFFERSON COUNTY LEAGUE RELAYS
2025-2026**

<u>400 METER RELAY</u> (M. Hobart, A. Hubbell, E. Strom, P. Shepard)	Chatfield 48.94	2022
<u>400 METER SHUTTLE HURDLE RELAY (33")</u> (A. Hall, L. Waters, D. Grimes, M. Ortman)	Valor 1:01.06	2018
<u>800 METER RELAY</u> (K. Bahr, P. Holmes, J. Millican, L. Mirande)	Valor 1:43.45	2022
<u>800 METER MEDLEY RELAY</u> (M. Bishop, C. Leas-Burnley, K. Emrick, C. Padilla)	Lakewood 1:44.00	2016
<u>1200 METER RELAY</u> (B. Lopez, L. Waters, D. Grimes, C. Peisner)	Valor 2:51.20	2018
<u>1600 METER RELAY</u> (E. Vessely, D. Peterson, A. Trapp, E. Cheatham)	Golden 4:03.16	2025
<u>1600 METER MEDLEY RELAY</u> (Kim McAlexander, Laura Mazingo, Anne Zentner, Laurie Wilson)	Green Mountain 4:14.29	1982
<u>1600 METER TEAM RACE</u> (Retired 1991) Bear Creek (Amy Laffoon and Sheila Lile). Arvada West (Maureen Finholm and Dottie Meyers) Wheat Ridge (Christy Alexander and Joni Sutton)	3 Points 1975 3 Points 1978 3 Points 1986	
<u>3200 METER TEAM RACE</u> (Retired 2015) Golden (Aimee Hoogheem, Keri Trost) D'Evelyn (C.Felz, E. Schoonmaker) (Tied Record) Bear Creek (K. Lubieniecki, L. Thomas) (Tied Record)	3 Points 1995 3 Points 2004 3 Points 2007	
<u>3200 METER TEAM RACE</u> (W. Puckett, E. DiManna)	Ralston Valley 24:29.09	2024
<u>3200 METER RELAY</u> (Alicia Thompson, Giulianna Vessa, Leigh Stonerook, Kristina Fischer)	Ralston Valley 9:29.31	2012
<u>6400 METER RELAY</u> (K. Doucette, L. Schroeder, A. Valdez, C. Pauley) (Retired 2015) (Erin Brunko, Christine Felz, Kati Mayfield, Erika Schoonmaker)	Arvada West 22:11.96 D'Evelyn 27 points	2018 2005
<u>DISTANCE MEDLEY RELAY</u> (A. Brantley, A. Greene, H. Hilderbrant, H. Aldelemy)	Dakota Ridge 12:57.77	2022
<u>HIGH JUMP RELAY</u> (Annie Kunz, Sam Schrag, Brita Salzman, Jessica Storey) (A. Anderson, A. Little, E. Stiger, J. Davies)	Wheat Ridge Arvada	19' 10" 2011 19' 10" 1995
<u>LONG JUMP RELAY</u> (Lindsay Clark, Mackenzie Cornstock, Megan Brown, Anna Chevalier)	Green Mountain 64'9.75"	2011
<u>TRIPLE JUMP RELAY</u> (Brunsdale, M. Brogan, H. Brogan and Pena)	Lakewood 132' 7 ^{1/4} "	2011
<u>SHOT PUT RELAY</u> (E. Hunsucker, K. Krattenmaker, L. Carveth, S. Springfield)	Pomona 133'3.25"	2009
<u>DISCUS THROW RELAY</u> (M. Brooks, R. Kline, J. Blattner, Z. Jones)	Ralston Valley 433' 11"	2022
<u>POLE VAULT RELAY</u> (Filar, Harm, Johnston, Nance)	Standley Lake 32'6"	2002
<u>THROWERS' RELAY</u> (M. Hutson, J. Marvel, K. Meyer, A. Branch)	Arvada West 56.17	2019