

4A & 5A JEFFCO TRACK & FIELD LEAGUE CHAMPIONSHIPS

PRELIMS – Wednesday, April 29, 2026 – 3:00PM - All events

FINALS-Saturday, May 2, 2026 9:15AM Field Events & 10:00AM Running Events

4A TEAMS: Alameda, Conifer, Dakota Ridge, D'Evelyn, Evergreen, Green Mountain, Littleton, Pomona, Standley Lake, Wheat Ridge.

RESTRICTED AREA:

The track and football field, discus, and shot sectors are restricted areas for coaches. These are areas where only competitors and meet officials are allowed.

ADDITIONAL INFORMATION:

1. Entry into the stadium is \$6.00
2. 1/8th inch spikes only, no spikes in the stands
3. Field event participants need to report to their site.
4. Running events need to report to the clerk at the southwest corner of the track.
5. A trainer will be available during the meet.
6. Starting blocks will be provided but each school must provide it's own batons.
7. Please take care of your own trash in your area.
9. Clothing rules will be enforced.
10. **The time schedule will be adhered to.**

RUNNING EVENTS:

- To qualify for finals in the prelim events: Winner of each heat and the next overall fastest times.

FIELD EVENTS:

- Each athlete will have a total of 3 attempts and ten athletes to finals.

SCORING:

- **10-8-7-6-5-4-3-2-1 (Nine Places)**

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.).
- The rules governing the meet are those of the National Federation of the State High School Association and CHSAA.

JEFFCO ALL CONFERENCE:

The winner of each final event is designated 1st Team All-Conference. The second-place finisher is 2nd Team All-Conference. The third-place finisher is Honorable Mention All-Conference.