

# 2024 Track & Field Bulletin



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[CHSAA TRACK & FIELD INFORMATION](#)

CHSAANOW



Updated 1/11/2024



Colorado High School Activities Association

"Seeking Excellence in Academics, Activities and Athletics"



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February 2024

**TO:** ATHLETIC DIRECTORS/COACHES OF SCHOOLS PARTICIPATING IN TRACK & FIELD  
**FR:** JENN ROBERTS-UHLIG, ASSISTANT COMMISSIONER  
**RE:** 2024 TRACK AND FIELD BULLETIN - PLEASE TAKE THE TIME TO BECOME THOROUGHLY ACQUAINTED WITH THIS USEFUL RESOURCE

Greetings from the Colorado High School Activities Association and welcome to the 103rd Boys/57<sup>TH</sup> Girls spring season of interscholastic Track and Field. We are looking forward to another successful season full of tough competition and good weather.

This attached bulletin contains the guidelines, policies, [bylaws](#) and changes that are critical for you, your student athletes and your program. This resource is a tool that is meant to be used throughout the regular season and post season. This is only sport specific information. For general information for all coaches regarding eligibility, transfers, Sunday contact, sports medicine, etc., please go to the [Constitution and Bylaws](#) and [Sports Medicine Advisory Handbook](#). While bulletins are a resource, they do not take the place of the [Constitution and Bylaws](#). Coaches are encouraged to review and confer with their athletic director prior to the start of the season to ensure that there is a clear understanding of the NFHS rules and CHSAA [bylaws](#). This recommendation allows everyone to be on the same page.

Please remember this is a partnership between coaches, parents, administrators, officials and the CHSAA to make this a memorable experience for our students across the state of Colorado.

Coaches, your bulletin and/or your athletic director can answer most questions you might have regarding your upcoming season. If you are unable to find what you are looking for, do not hesitate to contact my coordinator of sport [Audra Peterson Cathy](#) or myself at [jrobertsuhlig@chsaa.org](mailto:jrobertsuhlig@chsaa.org), or feel free to call the CHSAA office at (303) 344-5050 ex. 5.

Thank you for your dedication and commitment to high school activities and to the student athletes across the state of Colorado.

Best wishes on a successful season!!

Sincerely,

A handwritten signature in black ink, appearing to read 'Jenn Roberts-Uhlig', written over a white background.

Jenn Roberts-Uhlig  
Assistant Commissioner – CHSAA

Audra Peterson Cathy  
Coordinator of Sport – Track & Field

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# **CHSAA MISSION STATEMENT**

## **"Seeking Excellence in Academics, Activities, and Athletics"**

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Administrate, interpret, and seek compliance with the CHSAA By-laws as needed to promote fair play within Colorado activities and athletics.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.

Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.



# 2024 CHSAA TRACK & FIELD SEASON CALENDAR

The following is an overall summary of the respective calendar dates as they pertain to the 2024 Track & Field season for the Colorado High School Activities Association.

**OPENING OF PRACTICE** ..... Monday, February 26  
(Practices and meetings cannot be conducted on Sundays)

**ROSTER INPUT DEADLINE** (Entry into [MileSplit](#)) ..... Friday, March 1 by 10:00 pm

**SCRIMMAGE DATE** ..... Saturday, March 2  
(A scrimmage is the meeting of any number of individuals or teams from two or more high schools on a single date.)

**MAXPREPS REPORTS** ..... Wednesday, March 6  
(CHSAA receives reports from [MaxPreps](#) – rosters and entries.)

**FIRST CONTEST** ..... Thursday, March 7  
(Schools may schedule and conduct their first interscholastic contest on this date)

**DECLARATION PROCESS OPENS** ..... Thursday, May 2  
(The declaration process will open at 3:00 pm)

**ALL QUALIFYING MEET RESULTS** ..... Saturday, May 11  
(All results must be in by 11:59 pm – No entries allowed after this time)

**DECLARATION PROCESS WILL CLOSE** ..... Monday, May 13  
(The declaration process will close at 8:00 am)

**ENTRIES ARE FINAL AFTER THIS DEADLINE & NO CHANGES OR ADDITIONS ARE ALLOWED!**

**STATE TRACK & FIELD MEET** ..... May 16-18  
([Jefferson County Stadium](#), Lakewood)

## 2023-24 TRACK & FIELD COMMITTEE

### WES SMOCK (CHAIR)

Grandview High School (5A) (2026-2)  
[wsmock@cherrycreekschools.org](mailto:wsmock@cherrycreekschools.org)

### DEREK GILMORE

Golden View Classical (2A) (2024)  
[dgilmore@goldenviewclassical.org](mailto:dgilmore@goldenviewclassical.org)

### WAYNE VADEN

Northfield High School (3A) (2024)  
[w.vaden@cityparklaw.com](mailto:w.vaden@cityparklaw.com)

### LINDSEY YOST

Skyline High School (5A) (2025)  
[yost\\_lindsay@svvvsd.org](mailto:yost_lindsay@svvvsd.org)

### NICK BAKER

Lewis-Palmer High School (4A) (2025)  
[nbaker@lewispalmer.org](mailto:nbaker@lewispalmer.org)

### KLARK KLINDER

Meeker High School (1A) (2026)  
[klark.kindler@meeker.k12.co.us](mailto:klark.kindler@meeker.k12.co.us)

### AL MELO

Harrison High School (4A) (2026)  
[amelo@hsd2.org](mailto:amelo@hsd2.org)

### MARKO HAHN

Salida High School (3A) (2024)  
[mhahn@salidaschools.org](mailto:mhahn@salidaschools.org)

### DOM DOUGLAS

Chatfield High School (5A) (2025)  
[ddouglass@dcsdk12.org](mailto:ddouglass@dcsdk12.org)

### SANDRA RAHE

Revere High School (2A) (2025)  
[sandra.rahe@revereschool.com](mailto:sandra.rahe@revereschool.com)

### CATIE OLNEY

North Park High School (1A) (2026)  
[catie.olney@npk12.org](mailto:catie.olney@npk12.org)

### ANNE RICE

Thomas Jefferson High School (5A) (2026)  
[anne\\_rice@dpsk12.net](mailto:anne_rice@dpsk12.net)

### Colorado High School Coaches Association (CHSCA) Representative:

President: **Jen McQuitty**, Alamosa High School

**Officials' Representative:** [Gary Strubel](#), CTFOA President

**State Rules Interpreter:** [KC Logan](#)

**2023-24 CHSAA COMMITTEE MEETING:** Tuesday, February 6. This meeting will be a virtual meeting via ZOOM. This is an open meeting. All coaches and AD's are welcome to attend. **If you have a specific item that you wish to address with the committee, you will need to fill out and submit a CHSAA Proposal Form (one week prior to the meeting) that needs to be signed by your league and send to [Audra Peterson Cathy](#). Please E-mail [Audra](#) to request this form. No proposals will be accepted without this form.**

**HOW TO GET RECOMMENDED FOR A COMMITTEE:** Contact your league president or athletic director

**MAJOR BYLAW CHANGES  
2023-2024**

1. **WINTER AND SPRING REGAIN DATES**  
– Constitution & Bylaws, Article 17, Rule 1710 (d) (2).....page 51
2. **TRANSFER 365 DAYS FROM THE LAST DATE OF PARTICIPATION**  
– Constitution & Bylaws, Article 18, Rule 1800.1 .....page 65
3. **CLARIFYING ATHLETIC TRANSFERS**  
– Constitution & Bylaws, Article 18, Rule 1800.4 .....page 68
4. **PROTECTION FOR GAME OFFICIALS**  
– Constitution & Bylaws, Article 22, Rule 2230.1 ..... page 91
5. **SUNDAY CONTACT**  
– Constitution & Bylaws, Article 23, Rule 2310.5 ..... page 99

## 2024 NFHS TRACK & FIELD RULES CHANGES



For information on the 2024 Track & Field Rules changes, please [click here](#).

### [2024 Track & Field Rules Changes](#)

## SPORT SPECIFIC CHANGES

### Major Changes

No major changes

### Informational Items

- Committee members will gather additional information on the potential for a future proposal to adopt the use of the metric system for the measurement of field events.

## SPORTS MEDICINE ADVISORY COMMITTEE

For all CHSAA sports medicine policies, procedures, and protocols, please visit the [Sports Medicine Advisory Committee Handbook](#).

Lightning and Tornado Policy and Procedures and Heat Acclimatization and Safety Priorities can be found in the [Sports Medicine Advisory Committee](#)



## BECOMING AN OFFICIAL

If you or someone you know is interested in becoming an official/judge, please contact Monica Tillman in the CHSAA officials office at [mtillman@chsaa.org](mailto:mtillman@chsaa.org).

## THE AMERICANS WITH DISABILITY ACT

**Please note:** All rules and policies contained within this bulletin are subject to the ADA's requirement to provide reasonable modifications for a disabled student(s). A reasonable modification(s) shall provide a disabled student with equally effective access [to the activity] unless the provision of such reasonable modification would constitute a fundamental alteration of the essential elements of the activity involved. Please refer to CHSAA bylaw 500 for more detailed information.

## MINI CHAMPIONSHIP TROPHIES

You can find the link for the Personal Trophy PDF [HERE](#).

# COLORADO COACHES CODE OF ETHICS



1. **PROFESSIONALISM** A COACH will uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, parents, and the public, the coach will strive to set an example of the highest ethical and moral conduct.
2. **INFLUENCE** A COACH will be aware that he or she has a tremendous influence on the education of the student and, thus, shall place the highest value on instilling the ideals of character. The coach will realize that he or she is a role model, both in the school, the community and on social media accounts, and his or her actions must live up to their words.
3. **LIFE LESSONS** A COACH will know that the lessons of the game are more important than the outcome of the game, and the coach will demonstrate an understanding of the athletes' growth and development in life beyond the game.
4. **PRIORITIES** A COACH will remember that the game is for the young people, and will place the athletes' needs and interests before his or her own.
5. **SPORTSMANSHIP** A COACH will personally demonstrate sportsmanship, and exert his or her influence to enhance sportsmanship by all team members and spectators.
6. **RULES** A COACH will master the contest rules and shall teach them to his or her team members. The coach shall honor both the spirit and letter of the rules.
7. **SAFETY** A COACH will ensure a safe environment and safe equipment, and practice safe training techniques based on current practices.
8. **OFFICIALS** A COACH will respect and work with officials, understanding their importance and the role that they play in the event.
9. **TRAINING RULES** A COACH will take an active role in promoting a positive lifestyle and in the prevention of alcohol, tobacco and drug usage by team members.
10. **SOCIAL MEDIA** A COACH will use team social media for only positive communication, team promotion, and team building, and encourage team members to use social media responsibly.
11. **PARTNERS** A COACH will work with the athletic director to be knowledgeable about and follow school district policies and procedures, and CHSAA rules and bylaws.
12. **CONTINUED DEVELOPMENT** A COACH will continue his or her own professional development through coaching clinics, and other learning tools. The coach will continually seek a mastery of coaching principles and techniques, and show interest in continual growth.

(adapted from NFHS, NHSACA, and CHSCA)

# CLASSIFICATIONS

## 1A

(1-93)

66 ~~67~~ Schools

Aguilar	24	Evangel Christian Acad.	78	<del>Norwood</del>	58
Akron	87	Flagler	38	Nucla	70
Antonito	46	Fleming	56	Otis	54
Arickaree	33	Genoa-Hugo	50	Pawnee	13
Bethune	40	Granada	49	Peetz	32
Branson	30	Hanover	61	Pikes Peak Christian	49
Briggsdale	55	Haxtun	80	Plainview	16
Caliche	88	Hi-Plains	29	Prairie	58
Centennial	60	Holly	93	Primero	41
Cheraw	62	Idalia	53	Ridge View Academy ↓	216
Cheyenne Wells	45	Kim	19	Sanford	84
Colorado Deaf & Blind	86	Kiowa	60	Sangre de Cristo	72
Cotopaxi	74	Kit Carson	33	Shining Mountain Waldorf	61
Creede	32	La Veta	69	Sierra Grande	64
Cripple Creek-Victor	87	Lake City Community	19	Simla	90
De Beque	39	Liberty (Joes)	15	South Baca	57
Deer Trail	55	Lone Star	41	Springfield	60
Denver Academy ↓	191	McClave	56	Stratton	48
Denver Academy of Torah	28	Merino	91	Walsh	24
Dove Creek	73	Miami-Yoder	88	Weldon Valley	55
Eads	49	Moffat	42	Wiley	58
Edison	45	North Park	42	Woodlin	21
Elbert	90				

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**2A**  
(94-293)  
71 Schools

Banning Lewis ↓	295	Hayden	109	Sargent	104
Buena Vista ↓	299	Heritage Christian ↑	84	Sedgwick County	116
Burlington	203	Highland	285	Soroco	104
Byers	157	Hoehne	117	South Park	126
Calhan	153	Holyoke	172	St. Mary's	258
Caprock Academy	160	Ignacio	220	Strasburg ↓	309
Cedaredge	276	Lake County	293	Swallows Charter	149
Center	133	Las Animas	138	Swink	94
Clear Creek	216	Limon	128	Telluride	270
Colorado Springs Christian	258	Lotus School For Excellence	219	The Vanguard	271
Crested Butte	243	Lyons	202	Thomas MacLaren	237
Crowley County	120	Mancos	138	Timnath ↓	500
Custer County	105	Meeker	197	Trinidad	240
Dayspring Christian ↑	88	Monte Vista	270	Twin Peaks Charter	123
Del Norte	129	Nederland	131	Vail Christian	139
Denver Christian	172	Olathe	283	Vanguard Classical	102
Dolores	163	Ouray ↑	52	Walsenburg	145
Dolores Huerta Prep	223	Peyton	235	Wellington ↓	500
Ellicott ↓	306	Plateau Valley	101	West Grand	138
Fowler	112	Platte Canyon	240	Wiggins	191
Front Range Christian	120	Poudre Community Academy	239	Wray	199
Gilpin County	133	Rangely	125	Yuma	251
Golden View Classical	142	Rocky Ford	212		
Grand Valley ↓	351	Rye	216		

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**3A**

(294-799)

63 Schools

Abraham Lincoln ↓	896	Forge Christian	344	North Fork	298
Alamosa	598	Florence	338	Pagosa Springs	490
Arrupe Jesuit	439	Fort Lupton	682	Peak to Peak	591
Arvada	768	Frontier Academy	407	Pinnacle Charter	541
Aspen	554	Gunnison	394	Platte Valley	336
Atlas Prep	457	Harrison ↓	1075	Prospect Ridge Academy	404
Basalt	501	Holy Family	676	Resurrection Christian	303
Bayfield	372	James Irwin	441	Rifle	773
Bennett	360	Jefferson	420	Roaring Fork	385
Berthoud	690	Jefferson Academy	414	Salida	368
Bishop Machebeuf	333	Kennedy ↓	926	Sheridan	348
Brush	411	Kent Denver	481	SkyView Academy	328
Centauri	301	La Junta	427	Stargate	425
Coal Ridge	563	Lamar	436	STEM Highlands Ranch	585
Delta	601	Liberty Common	354	Sterling	464
Denver West	771	Manitou Springs	474	Strive Prep - SMART	484
D'Evelyn	631	Manual	294	The Academy	465
Eaton	573	Middle Park	426	The Classical Academy	596
Elizabeth	655	Moffat County	549	University	601
Englewood	554	Montezuma-Cortez	623	Valley	547
Estes Park	350	Northridge ↓	1157	Weld Central	695
				Woodland Park	685

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**4A**

(800-1397)

64 Schools

Adams City ↓	1721	Grand Junction Central ↓	1639	Pueblo East	986
Alameda ↑	692	Greeley Central ↓	1532	Pueblo South	943
Aurora Central ↓	2007	Greeley West ↓	1666	Pueblo West	1394
Battle Mountain	955	Green Mountain	1124	Riverdale Ridge	1185
Bear Creek ↓	1514	Lewis-Palmer	1132	Roosevelt	1061
Canon City	1012	Littleton	1242	Sand Creek	1133
Cheyenne Mountain	1286	Longmont	1252	Severance ↑	720
Conifer	873	Lutheran ↑	598	Sierra	848
Coronado	1385	Mead	1147	Silver Creek	1349
Denver North	1150	Mesa Ridge	1325	Skyline ↓	1465
Discovery Canyon	1158	Mitchell	1174	Skyview	939
Durango	1227	Montrose	1321	Standley Lake	1318
Eagle Valley	944	Mountain View	1165	Steamboat Springs	839
Evergreen	1096	Mullen	882	Summit	952
Falcon	1240	Niwot	1177	Thomas Jefferson	1235
Fort Morgan	938	Northfield	990	Thompson Valley	1085
Frederick	1181	Palisade	1087	Thornton ↓	1608
Gateway ↓	1479	Palmer ↓	1622	Wheat Ridge	1179
George Washington	1188	Palmer Ridge	1218	Widefield	1255
Glenwood Springs	961	Pueblo Centennial	994	Windsor	1377
Golden	1372	Pueblo Central	800		
Grand Junction ↓	1452	Pueblo County	1109		

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**5A**  
(1398-Up)  
59 Schools

Air Academy	1398	Far Northeast	2946	Overland	2379
Arapahoe	2157	Fairview	2131	Pine Creek	1631
Arvada West	1801	Fort Collins	1856	Pomona ↑	1317
Boulder	2153	Fossil Ridge	2118	Ponderosa	1440
Brighton	1816	Fountain-Fort Carson	1829	Poudre	1827
Broomfield	1559	Fruita Monument	1796	Prairie View	1771
Castle View	2183	Grandview	2947	Ralston Valley	1843
Centaurus	1453	Heritage	1691	Rampart	1620
Chaparral	2193	Highlands Ranch	1680	Rangeview	2253
Chatfield	1842	Hinkley	2079	Regis Jesuit - Boys	1830
Cherokee Trail	2818	Horizon	2059	Regis Jesuit - Girls	1456
Cherry Creek	3806	Lakewood	2046	Rock Canyon	2310
Columbine	1745	Legacy	2445	Rocky Mountain	2024
Dakota Ridge	1447	Legend	2215	Smoky Hill	2160
Denver East	2556	Liberty	1656	ThunderRidge	2042
Denver South	1636	Loveland	1595	Valor Christian ↑	1188
Doherty	1992	Monarch	1664	Vista PEAK	1407
Douglas County	1808	Mountain Range	1889	Vista Ridge	1603
Eaglecrest	3063	Mountain Vista	2381	Westminster	2406
Erie	1467	Northglenn	2064		

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## COACHES INFORMATION

### PLEASE READ THOROUGHLY - HELPFUL HINTS FOR COACHES

1. Coaches will only need to create **one** roster and that will be in [MileSplit](#). **This process must be complete by 10:00 pm on March 1st.** [MileSplit](#) will then export rosters to [MaxPreps](#). If **you** miss the March 1<sup>st</sup> – 10:00 pm deadline you will have to create a roster in both [MileSpilt](#) and [MaxPreps](#). CHSAA will receive reports (beginning March 6th) indicating which coaches have created an account and have their rosters in [MaxPreps](#) (from [MileSpilt](#)). CHSAA will be in contact with coaches/athletic directors each week who have not done this. This is to alleviate issues when it comes to the entry process for state.
2. The process for declaring your student-athletes remains the same as last year, and instructions are included in the bulletin. One change from last year: even if you have no athletes to declare for the state meet, you will be required to log into your [MaxPreps](#) coach admin and check a box indicating you have no athletes to declare. This season CHSAA will be able to see which teams have completed the process and which have not, and this alerts CHSAA that it is not waiting on your team.

**THE PROCESS FOR DECLARING YOUR STUDENT-ATHLETES WILL OPEN MAY 2<sup>nd</sup> AT 3:00 PM AND WILL CLOSE MAY 13<sup>TH</sup> AT 8:00 AM. (ALL QUALIFYING MEET RESULTS MUST BE IN BY 11:59 PM ON MAY 13<sup>th</sup>). NOTE: IF YOU HAVE ANY CHANGES TO YOUR STATE DECLARATIONS - YOU MUST GO IN AND MAKE THOSE CORRECTIONS PRIOR TO THE CLOSING DATE AND TIME (MAY 13<sup>th</sup> at 8:00 am)**

**ABSOLUTELY NO EXCEPTIONS WILL BE MADE TO THIS DEADLINE. DECLARATIONS ARE FINAL IMMEDIATELY FOLLOWING THE SET DEADLINE.**

3. Schedules: coaches are still required to assign their teams to meets in [MaxPreps](#). All state qualifying meets have already been added, so please search for the appropriate meet, and add your team. **DO NOT CREATE NEW MEETS.**
4. **Rosters:** reminder, to help you manage your roster more efficiently, within [MaxPreps](#) you are able to automatically transfer your roster from last year to this year. When you log into your [MaxPreps](#) coach admin, go to the roster link. You will notice a blue button that says, “copy roster information from last year”. Click that and the system will automatically transfer the roster, minus 2023 graduates and any athlete for which a year in school was not entered. Then, only new athletes will need to be entered, and those not participating this year can be deleted by clicking the red ‘x’.

If you have questions, please feel free to contact [Gerry Valerio](#) or [Jenn Roberts-Uhlig](#).

## \*\*\* IMPORTANT REMINDERS/QUALIFYING INFORMATION \*\*\*

- MANDATORY COACHES RULES MEETING – All varsity head coaches or coaches who will be interacting with students/athletes without the presence of the coach must attend annually a CHSAA approved rules clinic in their sport prior to the start of the season. Coaches must complete the rules clinic requirement by watching the rules meeting recording on the [CHSAA rSchoolToday platform](#)
- MANDATORY OFFICIALS RULES CLINIC AND EXAM – Officials that plan to work qualifying meets as a starter, running referee, field referee, and clerk or are wanting to be considered as a state meet official, must attend the CHSCA/CHSAA clinic and pass the exam. [Colorado Track & Field Officials Association](#)
- School abbreviations have been provided. All legal results advanced to [MaxPreps](#) will be ranked for state qualifiers. No variations. There must be statewide consistency with school abbreviations (See [HERE](#)).
- **DO NOT CREATE ANY MEETS IN MAXPREPS.** MEETS THAT ARE APPROVED FROM CHSAA WILL BE UPLOADED ON [MAXPREPS](#).
- Hy-Tek must be used to export qualifying data to [MaxPreps](#) within 24 hours after completion of meet.
- Corrections or concerns regarding all rankings will only be accepted by E-mail to [Jenn Roberts-Uhlig](#) from the head coach and/or athletic director. You must follow-up and review results. **No results will be considered for changes after one week.**
- Time Schedule is posted on website and included in this bulletin. Unfortunately, events will not be changed to accommodate outside events (i.e. testing, graduation, personal conflicts, etc.)
- State Championships for all classifications will be held at [Jefferson County Stadium](#), May 16-18.
- We would like to recognize all those students who are missing their graduation while participating in the state meet. If your student/athlete would like to participate in the graduation walk, he or she needs to bring their cap and gown and sign in at the inquiry table prior to Saturday.
- Teams may split and send athletes to different locations any week of the season.
- No student-athlete may participate in more than 12 regular season meets (indoor or outdoor) exclusive of their school's league championship or the state championships.
- All Qualifying Meets must be registered with CHSAA as qualifiers. The 2024 State Qualifying Meets Schedule can be found by [clicking here](#). All Qualifying Meets must be submitted by 11:59 pm on May 13<sup>th</sup> to [MaxPreps](#) for ranking considerations. (NO EXCEPTIONS)
- Any and all changes that are made to the information submitted on the "Sanction Form for State Qualifying Track & Field Meets" after the form has been approved **MUST** be communicated to the CHSAA office as soon as possible after the change(s) are made. These changes are required to be communicated prior to the start of the meet.
- All state qualifying meets must have a minimum of 4 teams to hold qualifying status unless otherwise approved by the CHSAA office.

## \*\*\* IMPORTANT REMINDERS/QUALIFYING INFORMATION (CONTINUED) \*\*\*

- Participating in out of state meets will only be allowed based upon set criteria and approval by the CHSAA office.
- For all out of state meets that wish to hold qualifying status for Colorado schools, you must contact the CHSAA office. The CHSAA office will carefully review the proposed meet to ensure it can meet all requirements to hold qualifying status. This review process may include communication with the host school. Once the review is complete, the CHSAA office will provide a written decision via email to the host school. The meet will be approved for qualifying status only if the CHSAA office provides explicitly stated written approval. If this explicitly stated written approval is not provided, the meet is to not hold qualifying status.
- In 2A-5A, ties at 18<sup>th</sup> place in the rankings will be advanced.
- In 1A, ties at 9<sup>th</sup> in sprint events, 12<sup>th</sup> in distance events, and 10<sup>th</sup> in field events will be advanced.
- Marks in events where boys and girls compete against one another will NOT be considered for state qualifying marks.
- When two 3200m races are run simultaneously, one on the inside 4 lanes and one on the outside 4 lanes, only marks from the race conducted on the inside 4 lanes will be considered for state qualifying marks. Expectation: If the facility has a starting line for the outside lanes that has been marked by competent surveyor such as, but not limited to, a registered land surveyor, professional engineer, certified track builder or experienced track stripser, then all competitors' times will be considered for state qualifying marks.
- Heat sheets are scheduled to be on the [CHSAA Website](#) by Tuesday, May 14<sup>th</sup> unless information is missing.
- All legal jumps or throw attempts will be measured. NO PINNING ALLOWED.
- COACHES – CHECK ALL YOUR RESULTS, ESPECIALLY PRELIM/FINALS MARKS BEFORE YOU LEAVE ANY MEET AND REVIEW ALL MEET RESULTS ENTERED INTO [MAXPREPS](#). ALL REQUESTS FOR CHANGES MUST BE IN WRITING TO [JENN ROBERTS-UHLIG](#) WITHIN THE SAME WEEK OF THE MEET. REQUESTS MADE MORE THAN 1 WEEK AFTER THE MEET WILL NOT BE ACCEPTED!
- IT IS THE COACH'S RESPONSIBILITY TO DECLARE ALL ATHLETES MOVING INTO THE STATE MEET BY THE DEADLINE.
  - You can declare athletes as far down in the rankings as you want.
  - If an athlete has no intention to compete in a particular event, please DO NOT declare said athlete for that event.
- A new four-year rotation for the state meet schedule began with the 2023 state championship.
- ALL pole vault coaches MUST take the [NFHS "Coaching Pole Vault"](#) course and provide proof of completion to the CHSAA office by emailing a copy of the certificate to [Audra Peterson Cathy](#). This course must be completed every TWO years.

## QUALIFYING MEET FORM DEADLINES

State Qualifying Track and Field Meet (Sanction Form).....**January 12**  
(ALL ENTRIES RECEIVED AFTER JANUARY 12<sup>th</sup> WILL BE CHARGED A \$50.00 LATE FEE)

Form Submission Cutoff Date .....**February 23**  
(NO FORMS WILL BE ACCEPTED AFTER FEBRUARY 23, 2024)

Qualifying Meet Results Due .....**Within 48 Hours of Qualifying Meet Completion**

(THIS [FORM](#) MUST BE E-MAILED TO [AUDRA PETERSON CATHY](#) WITHIN 48 HOURS OF QUALIFYING MEET COMPLETION OR MEET RESULTS WILL BE DELETED FROM [MAXPREPS](#) RANKINGS)

## QUALIFYING MEET RESPONSIBILITIES

Clearly designate restricted and unrestricted areas during competition for coaches, athletes, and spectators. If used, define coaching boxes for field events as well as when and where videotaping and viewing are permissible.

Prior to the meet, communicate the procedure for excusing field event athletes to all coaches and all field event officials. The procedure shall be followed to allow for efficiency in completing the event.

In the throws and the horizontal jumps, competitors shall be ranked based on their entry marks and then placed into flights. Flights shall be conducted in the order of lowest ranking marks to highest.

Meet directors have the authority to determine the order of the running events and their timetable. If running events will be contested in sections, the slower runners or relay teams shall be placed in the first section with the faster competitors assigned to the last section.

The following timing system standards will be **required** by the CHSAA for all timing operators beginning with the **2025** Track season. These standards have been put in place to ensure accurate times for all competitors across the state. The meet referee will confirm through a zero start test, the readiness and accuracy of the system prior to the start of any Qualifying meet. For the **2024** season, the CHSAA **recommends** contracting with timing system operators whose systems are capable of meeting these standards.

### **FAT Timing Systems Requirements for Qualifying Meets** **Recommended for 2024 - Required beginning in 2025**

- 1. Zero Start Testing:** Prior to each meet, the system must undergo zero start testing to confirm its readiness and accuracy in capturing and timing athletes' performances.
- 2. Composite Image Printing Capability:** It is imperative that the system possesses the functionality to produce a composite image along with the recorded results for comprehensive documentation and verification purposes.
- 3. Line Scan Technology Requirement:** All FAT (Fully Automatic Timing) systems utilized for qualifying meets must incorporate Line Scan Technology for accurate measurement.
- 4. Frame Rate Mandate:** The timing systems must have the capability to capture a minimum of 600 frames per second to ensure precision in recording athletes' performance.

## GENERAL INFORMATION

### **PLAYER EJECTION**

Any player who has been ejected from a match or contest shall be disqualified for the remainder of that match or contest. In addition, the player shall be suspended from competition for the next scheduled match or contest played at the same level (sophomore, junior varsity, or varsity).

### **COACH EJECTION**

A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest of the same level. He/she may not coach in any other contest at any level during this time.

A coach ejected from a game is automatically placed on probation according to policies established by the Board of Directors (For necessary action by the school administration, see [Bylaw 2420.11](#)).

A coach ejected from a game is required to complete the following courses offered on-line by the National Federation of State High School Associations (NFHS): Sportsmanship and Teaching and Modeling Behavior. These courses shall be completed before he/she will be removed from probation and must be finished in a reasonable amount of time during the season to be determined by the school's athletic director.

### **CHSAA DRONE POLICY**

"The use of drones, also known as unmanned aerial vehicles, is prohibited for any purpose by any persons at all CHSAA-sanctioned events, unless express written permission is obtained: 1) from the host school district during regular season contests, or 2) the CHSAA for any postseason/playoff contest. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purposes of this policy, a drone is any aircraft without a human pilot on board."

### **UNIFORM RULES**

#### **For Relay Uniform Compliance, State Officials Interpretation Will Be:**

- The front of the uniform top has the same predominant color and the same school name or logo.
- The back of the uniform top has the same predominant color and the same school name or logo.
- Uniform bottom has the same predominant color in the front and back.
- Side panels or side striping on the uniform top and bottom, whether they exist or not, should not be a factor in determining compliance. (Side panels on the uniform top extend from under the arm to the bottom hem. Side panels on the uniform bottom extend from the side waistband to the bottom hem. Side panels wrapping to the front, or the back of the garment do not meet compliance unless all relay team members are wearing them.)

# GENERAL CHSAA GUIDELINES AND INFORMATION

## OFFICIALS' FEES

Please see the [2022-2024 Officials' Fees](#) page for complete officials' fees information.

## TRACK & FIELD MEET SANCTION

Qualifying meets must apply for sanction by filling out the [Sanction Form for State Qualifying Track and Field Meet](#) as well as meet all necessary criteria.

Meets are approved only when they appear on the list of approved meets.

You can find the list of approved officials by [clicking here](#).

The 2024 Qualifying Meets Schedule can be found via the links below:

[MARCH](#)

[APRIL](#)

[MAY](#)

## COMPETITIVE SEASON/PARTICIPATION

The competitive season is that time designated in each sport [bylaw](#) during which interscholastic contests may be held. There may be no sanctioned interscholastic competition except during the competitive season. An individual or team may only represent a member school during the designated competitive sports season.

No coach or school representative may directly or by implication direct a student to participate in competition outside of the competitive season as a condition to participating or otherwise influencing a student's opportunity to participate in any school sport.

No monies, transportation, lodging, representation, etc. can go through the school when participants are participating in outside events.

## OUTSIDE COMPETITION

Please see [Bylaw 2100.2](#) for complete information on outside competition

# OUT OF STATE TRAVEL REMINDER

If your track and field athlete(s) are representing their school in any competition where high school uniforms are worn or registration, funds, transportation etc. are supported by the high school, the CHSAA [bylaws](#) require a registered coach be present at the competition. The [bylaw](#) also states that the competition would count towards one of their 12 allowable meets. You are also required to complete the Application for Out of State Travel form as well.

If your track and field athlete(s) are attending a meet where they are **NOT** representing their school and it is not a high school **ONLY** meet, express written permission of the principal must be obtained in order to allow participation. In this case, a CHSAA registered coach is not required to be present, and the meet would not count as one of their 12 meets because the [bylaws](#) reflect outside competition.

The “[Application for Out of State Travel](#)” must be completed and submitted through the [CHSAA rSchoolToday Platform](#).

For all out of state meets that wish to hold qualifying status for Colorado schools, you must contact the CHSAA office. The CHSAA office will carefully review the proposed meet to ensure it can meet all requirements to hold qualifying status. This review process may include communication with the host school. Once the review is complete, the CHSAA office will provide a written decision via email to the host school. The meet will be approved for qualifying status only if the CHSAA office provides explicitly stated written approval. If this explicitly stated written approval is not provided, the meet is to not hold qualifying status.

If you have any questions, please contact [Jenn Roberts-Uhlig](#)

# **SAFETY REQUIREMENTS**

In accordance with the requirements of due process as it relates to the safety of track and field athletes, it is necessary for track and field coaches to inform and warn athletes of the proper safety requirements associated with this sport.

## **I. Pre-practice meetings**

- A. Provide general rules for track team safety
- B. Provide for supervised practice time
- C. Develop procedures for injury prevention and treatment
- D. Establish rules of behavioral conduct during practice
- E. Establish procedures for the care of equipment
- F. Document all safety practices and inspections

## **II. Specific pre-practice meeting in each event**

- A. Review safety procedures in discus
- B. Review safety procedures in shot putting
- C. Review safety procedures and the proper technique in high jumping
- D. Review safety procedures and the proper technique in pole vaulting
- E. Review procedures for clearing runways and throwing areas

## **III. Practice Organization**

- A. Post or review practice schedule for entire team
- B. Adequately stretch and warm-up entire team/always have water available for athletes
- C. Schedule practice so as not overlap or overload facilities
- D. Make sure adequate supervision is present for each part of the practice
- E. Have a team trainer present or on call
- F. Have the phone number of an ambulance readily available

## **IV. Facilities Check**

- A. Design the facility so that the throwing events are safely away from all other events and other sports
- B. Provide fences, cages and/or restraining lines for the shot put and discus
- C. Check all runways and surrounding areas daily for obstacles, uneven surfaces and other impediments - document
- D. Check all running surfaces and surrounding areas daily for obstacles, uneven surfaces and other impediments - document
- E. Make sure all measuring, raking and starting equipment is put in a safe location before, during and after practice.

## **SAFETY REQUIREMENTS (CONT.)**

### **V. Equipment Check**

- A. Check standards, cross bars and vaulting poles daily for wear, looseness and other potential problems.
- B. Check both the high jump and pole vault pits to ensure that they have been assembled properly, positioned properly and are in good repair. Make sure the pole vault box collar is positioned properly and anchored to the ground IAW ASTM specifications.
- C. Make sure starting blocks are in good repair and securely attached to the track when used
- D. Provide extra padding in high jump and pole vault in accordance with rules.
- E. Make sure areas surrounding jumping areas are non-hazardous
- F. Have first aid kit at all practices and meets, with signed medical release cards, phone numbers. Suggested training kit supplies are listed later in this preview.

### **VI. Track Meet Organization**

- A. Have announcements made concerning safety issues, including but not limited to:
  - 1. All non-contestants remain in bleachers
  - 2. "Quiet at the start"
  - 3. "Clear the track"
  - 4. Other announcements that is appropriate to the conduct of the meet
- B. Make use of fences, restraints and banners, which will channel people away from the events and into a safe area
- C. Have marshals to help maintain a safe environment
- D. Have a physician present and/or an ambulance on call
- E. Conduct a visual inspection of the equipment and facility to ensure that all are safe

### **VII. Electronic Devices**

- A. Electronic devices may not be used by coaches or competitors in restricted areas. Refer to rule 3-2-8.
- B. Ear buds/headphones shall not be used in competition areas by athletes, this includes all field event venues as well as at the start and finish line on the track. This is a safety concern in all of these areas. Competitors wearing ear buds may not be aware of verbal warnings of an approaching athlete on a runway, a stray throwing implement, or someone running full speed in a lane on the track. Coaches and officials will make this clear to all competitors and if competitors do not heed this warning, they shall be disqualified.

# STATE TRACK & FIELD INFORMATION AND GUIDELINES



## STATE MEET – QUALIFYING INFORMATION

1A will advance the "Top 9" athletes in all track events run in lanes, the "Top 12" athletes in all track events not run in lanes, and the "Top 10" athletes in all field events. Ties at the last qualifier position in all events will be advanced.

2A-5A will advance the "Top 18" in each event. Ties at 18<sup>th</sup> place in the rankings in all events will be advanced.

*Events affected by an assisting wind include long jump, triple jump, and any race that is not run around the complete oval of the track. For eligibility in these events at the State Championships, the speed of an assisting wind cannot exceed an average velocity of 2.0 meters per second (4.474 mph), as recorded by a wind gauge.*

All pole-vaulters will be weighed prior to the start of Qualifiers, Leagues and State Competition. No weight allowances. Vaulters must be on or below their pole weight. All vaulters will be weighed with their competitive uniforms intact (this includes their shoes).

## STATE MEET – GENERAL INFORMATION

### TIME SCHEDULE

[2024-2026 State Track & Field Schedule](#)

### STATE MEET SCORING

Places in each event, including relays, are scored as follows:

1<sup>ST</sup> – 10; 2<sup>ND</sup> – 8; 3<sup>RD</sup> – 7; 4<sup>TH</sup> – 6; 5<sup>TH</sup> – 5; 6<sup>TH</sup> – 4; 7<sup>TH</sup> – 3; 8<sup>TH</sup> – 2; 9<sup>TH</sup> – 1

### ELECTRONIC DEVICES

Rule 3-2-8: Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.

- a. Electronic devices shall not be used to transmit information to the competitor during a race or trial.
- b. Electronic devices/videos shall not be used for any review of an official's decision.

**\*\*VIDEO REPLAY FOR APPEALS WILL NOT BE USED\*\***

- c. State associations may also have policies in place to further address the use of electronic devices.

CHSAA Policy for use of electronic devices at the state meet: The use of video tape, digital cameras and cell phones are **legal outside the competition area**. Coaches can view electronics with an athlete while the athlete is still in the competition in **unrestricted areas or approved coaches' boxes**. Viewing may take place anytime, including once being called up for a trial. If the athlete does not initiate the approach before the time expires, a time foul will be charged.

## **INSTRUCTION BY COACHES**

Coaches may give splits and instruct their athletes from an unrestricted area (Rule 4.6.5). Unrestricted areas in track and field are outside the perimeters of the track and field event areas unless pre-approved by the Games Committee for safety purposes. Participants shall not be assisted at the start, during their events, or following their finish by anyone other than meet officials. Any area within the track and field competitive area will be considered restricted unless pre-approved by the Games Committee.

## **INFIELD AREAS**

Only participating competitors and meet officials will be allowed on the infield area unless pre-approved by the Games Committee. The track, the entire infield, and staging areas are restricted areas. All field coaches must remain outside the track in the coach's boxes.

The meet referee has the authority to assess penalties against non-credentialed personnel in the restricted area. Once the meet starts **NO** coaches are allowed in the infield. Athletic Trainers will be located on the infield and/or on southwest side of track. **NO COACHES ARE ALLOWED IN THE INFIELD, EVEN FOR INJURIES, UNLESS ESCORTED BY AN ATHLETIC TRAINER.**

## **INQUIRY TABLE**

Provided for the entire meet will be an inquiry table where **HEAD COACHES ONLY** can go to seek answers for questions they may have about the meet. Inquiry table personnel will provide help in the following areas:

1. Individual results from completed events.
2. Questions regarding seeding, time schedules, and basic rule interpretations.
3. Help in finding appropriate people to answer questions, if not appropriate for inquiry table personnel.
4. Forms will be available to initiate the appeals process.
5. Scratching athletes from meet.
6. General Questions

Inquiry table personnel are not able to:

1. Rule on violations
2. Change results
3. Hear or rule on appeals
4. Field questions from participants, parents or other non-coaches.

## **Items that may be worn in excess of the required uniform:**

- a. Sunglasses may be worn by competitors.
- b. Hats may be worn by competitors. They must be recognized athletic wear (no floppy hats or distracting ornamentation), must be used as intended (baseball caps with brims facing forward for sun-blocking).
- c. Gloves may be worn by competitors except for any relay, pole vault, shot put, or discus; where gloves are illegal by rule.
- d. Hair devices, hard or soft, may be worn to control hair. (headbands, hair clips, bobby pins, ribbons, barrettes, etc)
- e. Decorative hair bows with no dimension greater than 3 inches may be worn in the hair.
- f. Head coverings worn for religious reasons are not considered hair devices and must not be made of abrasive, hard or unyielding materials and fit securely or be fastened to the body and/or uniform to remain in a fixed position.

Individuals showing excessive fatigue for the event in progress will be waved off the track by the referee or designee. If the competitor doesn't comply, he/she will be disqualified.

Any competitor who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (National Federation Rule 4, Section 4, Article 2).

See Appendix 39, [NFHS Suggested Guidelines for Management of Concussion](#) or the [CHSAA Sports Medicine Advisory Handbook](#).

3/16-inch spikes or shorter will be allowed on the track and runways. Runner's Roost will have spikes for sale at the state meet. Shoes of all contestants are expected to be legal by rule and meet the spike length requirements. Each Meet Referee has the authority to disqualify a contestant who does not meet these requirements.

NO CHALK WILL BE PERMITTED ON ANY SURFACE AT JEFFCO STADIUM, THIS INCLUDES THE TRACK AND ALL FIELD EVENT VENUES. Please use tape or other marking devices for any reference points.

## **AWARDS**

**Team** – A trophy will be awarded to first and second place teams in each classification.

**Individual** – A medal will be presented to each 1<sup>st</sup> through 9<sup>th</sup> at Jeffco for all events. Duplicate awards will be made in case of ties. Please fill out the form that will be at the awards stand and duplicates will be mailed to the school.

## **AWARDS PRESENTATION**

The presentation of individual awards, in the running events, will take place following the finals of each event. Runners will be escorted from the finish line to awards area. Athletes will not be released until awards ceremony is completed.

In the field events, the presentation of individual awards will take place following the completion of the event.

Parents and all other non-team personnel must abide by the set boundaries around the awards area. In compliance with the event photographer, the awards area must remain clear of all personnel that are not taking place in the awards presentation.

**\*\*ALL PLACE WINNERS MUST WEAR THEIR SCHOOL ISSUED UNIFORM WHEN RECEIVING AWARDS\*\***

**No college sweatshirts or t-shirts advertising any commercial products will be allowed.**

## **DRESSING FACILITIES**

Dressing rooms will not be available at the State Championship sites.

# STATE MEET – TRACK INFORMATION

Starting blocks will be furnished. We do allow school purchased blocks to be used on-site.

## HOW RACES WILL BE RUN

1. The 800-medley relay will be a two-turn stagger (first 3 runners stay in lanes - 4<sup>th</sup> runner may break after receiving the baton). All 3 exchanges will be conducted using a 30 meter exchange zone. The 400m runner may take a position anywhere within the 30m exchange zone, receive the baton within the zone, then make their way to the inside of the track after the exchange.
2. The 1600m relay will use a 3 turn stagger for the start. After the 1<sup>st</sup> exchange, second runner will continue to run in his/her lane on the 1<sup>st</sup> curve, then cut to the inside at the break line on the beginning of the back stretch. All exchanges will be conducted using a 20 meter exchange zone.
3. The 800m, 1600m and the 4 x 800m relay will be run using a 1 turn stagger with two lane alleys.
4. The 3200 will be run in one section using a start with super alleys. 1A will use a single waterfall start.

## RELAYS AVOIDING INTERFERENCE

After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear (Rule 5.10.8). Outgoing runners have to assume that the only clear lane is number 1. Moving to a new position on the track to “encourage or root” for teammates constitutes aiding a runner and may lead to the disqualification of the relay team.

## RELAY CARDS

Coaches are to complete information on the relay cards. Once cards are turned into the clerk of the course, there can be no change or no additions to the names listed. Any substitutions must come from the eight names listed on the card.

## RELAY CHECK-IN

One member of a relay or a coach may be responsible for the relay card and check-in for a relay team. This will allow relay members participating in other events to remain longer before needing to check out and report to the clerk’s tent at the north end of the track.

## UNIFORM RULES-RELAYS

- The front of the uniform top has the same predominant color and the same school name or logo.
- The back of the uniform top has the same predominant color and the same school name or logo.
- Uniform bottom has the same predominant color in the front and back.
- Side panels or side striping on the uniform top and bottom, whether they exist or not, should not be a factor in determining compliance. (Side panels on the uniform top extend from under the arm to the bottom hem. Side panels on the uniform bottom extend from the side waistband to the bottom hem. Side panels wrapping to the front, or the back of the garment do not meet compliance unless all relay team members are wearing them.)

## **SEEDING**

### **Preliminaries**

1. When forming heats for running events: All athletes shall be placed into heats/flights based on their best time, distance or height. Same team competitors will not be separated to different heats.

2. Lane assignments for races run in lanes:

Seed 1 – Lane 5

Seed 2 – Lane 4

Seed 3 – Lane 6

Seed 4 – Lane 3

Seed 5 – Lane 7

Seed 6 – Lane 2

Seed 7 – Lane 8

Seed 8 – Lane 1

Seed 9 – Lane 9

3. Lane assignments for 800m, 1600m, 4X800m

Seed 1 – Alley 5

Seed 10 – Alley 3

Seed 2 – Alley 5

Seed 11 – Alley 2

Seed 3 – Alley 4

Seed 12 – Alley 2

Alley 1 = Lanes 1 & 2

Seed 4 – Alley 4

Seed 13 – Alley 2

Alley 2 = Lanes 3 & 4

Seed 5 – Alley 4

Seed 14 – Alley 2

Alley 3 = Lanes 5 & 6

Seed 6 – Alley 4

Seed 15 – Alley 1

Alley 4 = Lanes 7 & 8

Seed 7 – Alley 3

Seed 16 – Alley 1

Alley 5 = Lane 9

Seed 8 – Alley 3

Seed 17 – Alley 1

Seed 9 – Alley 3

Seed 18 – Alley 1

1A will not have seeds 13, 14, 15, 16, 17, 18.

4. Lane assignments for 3200m

Alley 1 = Lanes 1-9

Seeds 10-18 (18 on the inside 10 on the outside)

Alley 2 = Lanes 5-9

Seeds 1-9 (9 on the inside 1 on the outside)

1A will start on a single waterfall with seed 12 on the inside and seed 1 on the outside

### **Finals**

In all final running events, except the 800m, 1600m, 3200m and 4 x 800m, heat winners receive first preference for lane assignments based on times.

Preliminaries to final qualifying (all classes):

9 lanes – 2 heats – top 3 from each heat, plus the next 3 fastest times.

3 heats – top 2 from each heat, plus the next 3 fastest time.

## STATE MEET – FIELD INFORMATION

Competitors in every field event must report and check-in with event official prior to the start time listed in the schedule, regardless of their flight assignment. Failure to do so will result in disqualification.

Warm-ups will not be allowed unless supervised by an event official or the contestant's coach and the venue has been open by the meet director. Warm-up approaches in the horizontal jumps and pole vault will only be run in the direction the event will be conducted. Once competition has begun, except as scheduled, competitors are NOT allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition. At the conclusion of any field event, there shall be no further practice and implements, including vaulting poles, shall be removed from the area. Violation of this rule may result in disqualification. Please refer to NFHS Rule 6-2-6 through 6-2-9.

**Excused Time from Field Events** - Field event competitors reporting for a track event should not leave their field event area any earlier than **10 minutes** prior to the scheduled time of their track event. Competitors must notify the head event judge before leaving to compete in another event. If they leave to participate in a track event, they are expected to check back at the field event within **five minutes** of completion of their heat or final. If they leave to participate in another field event, they are expected to check-in and out at each event within **three minutes** after completing an attempt at the previous event. Event judges will make every attempt to facilitate the competitors' needs; however, the athlete is expected to be available in a timely fashion to take their attempts in order.

National Federation rules allow for the accommodation of competitors who may be excused to participate in other events. Successive trials is one such method offered to competitors. Any change in the order of competition should take into account the athlete seeking to be dismissed as well as all other competitors in the event. If the athlete does not return in the allotted time, the competition will continue during the athlete's absence. In the vertical jumps, the athlete will reenter the competition at the current height, the bar will not be lowered for a competitor to catch up on their attempts.

It is the responsibility of coaches to communicate the process and time limits to their athletes. It is important the head event judges are knowledgeable of the rules and their responsibilities and authority to adjust competition in preliminaries and finals for competitors who may be excused to participate in other events. Competitors should be well advised of the time limits and processes to follow before the field event commences, as well as the options available for change in order of competition or trials in succession.

## **THROWS: Shot Put and Discus**

**All competitors in the shot put and discus must report to check-in with the event officials prior to the start time listed in the schedule, regardless of their flight assignment. Failure to do so will result in disqualification.**

All implements to be used in the shot put and discus should be marked for identification purposes and must have been weighed-in. Weigh-in for shot and discus is limited – please refer to the schedule in the coach’s packet and on the weigh-in shed for exact times. Any illegal implements will be impounded

Prelims in the shot put and discus will be conducted in flights of 8-12. Preliminary flights will be seeded by best performance. Each competitor will receive three preliminary trials. Competitors with the farthest throws will advance to finals for an additional three trials. 10 competitors, one more than there are scoring places will advance to the finals along with any other competitors tying for the 10<sup>th</sup> position. The finals will be seeded with the longest throw competing last, second longest second to last, etc. All legal trials will be measured. 1A competitors will have a finals only format with four trials per competitor.

The time limit for consecutive trials shall be applied whenever a competitor has two or more consecutive trials within a round or between rounds ( 2 minutes).

## **HORIZONTAL JUMPS: Long Jump and Triple Jump**

**All competitors in the long jump and triple jump must report to check-in with the event officials prior to the start time listed in the schedule, regardless of their flight assignment. Failure to do so will result in disqualification.**

Prelims in the long jump and triple jump will be conducted in flights of 8-12. Preliminary flights will be seeded by best performance. Each competitor will receive three preliminary trials. Competitors with the farthest jumps will advance to finals for an additional three trials. 10 competitors, one more than there are scoring places will advance to the finals along with any other competitors tying for the 10<sup>th</sup> position. The finals will be seeded with the longest jump competing last, second longest second to last, etc. All legal jumps will be measured.

1A competitors will have a finals only format with four trials per competitor.

The time limit for consecutive trials shall be applied whenever a competitor has two or more consecutive trials within a round or between rounds ( 2 minutes).

## VERTICAL JUMPS: High Jump and Pole Vault

In the vertical jumps, high jump and pole vault, the time limit for consecutive trials shall be applied whenever a competitor has two or more consecutive trials within a bar height or at a height change (HJ, 2 minutes, PV, 3 minutes).

### STARTING HEIGHTS FOR VERTICAL JUMPS

*(new 2024)*

#### 1A, 2A, 3A, 4A, 5A BOYS & GIRLS

High Jump	Warm-Up Determined by officials
Start Height	Determined by beginning from the next whole inch above the current state meet record and working down in 2" increments to a starting height of at least 2" below the last qualifying height in 2A-3A-4A-5A and at least 4" below the last qualifying height in 1A.
Increments	Will be 2" increments until there are three (3) jumpers left, then 1" increments in all classifications.
Pole Vault	Warm-Up Determined by officials
Start Height	Determined by beginning from the next whole inch above the current state meet record and working down in 6" increments to a starting height of at least 6" below the last qualifying height in 2A-3A-4A-5A and at least 12" below the last qualifying height in 1A.
Increments	Will be 6" increments until there are three (3) jumpers left, then 3" increments in all classifications.

## ADDITIONAL STATE MEET INFORMATION

### ADMISSION PRICES

The following admission prices pertain to the State Meet and apply to each session.

Adult (Ages 18 to 59)	\$15.00
Students K-12 (Ages 5 to 18) <i>4 and under = no charge</i>	\$12.00
Senior Citizens (60 and older)	\$12.00
Adult All-Session Pass	\$40.00
Students & Senior Citizens All-Session Pass	\$30.00

**\*TICKETS MUST BE PURCHASED ONLINE VIA [GOFAN](#). NO CASH WILL BE ACCEPTED.\***

### PURCHASE TICKETS

[Thursday \(Day 1\)](#) | [Friday \(Day 2\)](#) | [Saturday \(Day 3\)](#) | [All-Session Pass](#)

You will need to have proof of ticket with you to show at the ticket gate at Jeffco Stadium. For information on purchasing, transferring, and redeeming GoFan tickets, please [click here](#).

The stadium will not be cleared during the day on Thursday, Friday, or Saturday.

### EXPENSES

Schools will receive no reimbursement from the state meet, with the exception of the host site for facility use as per the approved CHSAA Tournament and Playoff Finance Policy.

### PARKING

- School vehicle parking as designated by attendants.
- Spectator parking will be located in the two west lots and the northwest/northeast lots.
- Athlete drop-off will be permitted along the east drive behind the stadium
- RV Parking – Call Ezra Paddock (Jeffco – Stadium Director) – (720) 331-7289
  - *New for 2024 RV Parking Cost: \$50 per spot per day*

### OFFICIAL PHOTOGRAPHER - “WALLACE PHOTOGRAPHY”

Wallace Photography will take pictures of individual and team award recipients during the awards ceremony. These pictures will be available for sale on site. Inquiries regarding picture orders can be made via the links below. Non-credentialed photographers will not be allowed on the field (i.e. parents, coaches).

**Brochures will be available for picture orders on site.**

[Website](#) | [E-Mail](#) | Phone: (775) 230-4320

**\*\*All school personnel taking pictures must have CHSAA media credentials, be behind the specified lines on the track and podium and must follow all guidelines and expectations.\***  
**OFFICIAL MERCHANDISERS - "KUKULSKI BROTHERS"**

Only the authorized CHSAA vendor, the Kukulski Brothers, who have been approved by CHSAA, will be cleared to sell any type of merchandise (clothing, pins, hats, head bands, etc.) at the State Track and Field Championship site. The official "State" t-shirts will be sold at the State Track and Field Championship site.

[Website](#) | [E-Mail](#) | Phone: (602) 386-3460

## **PROGRAMS**

The digital event program can be located by [clicking here](#). There will not be physical programs available for purchase onsite at the state meet.

The time schedule is very tight and for this meet to stay on time, the following procedures will be used.

1. Weather permitting; athletes will be required to remove their warm-up clothing in the staging area before they enter the track for their event. Coaches are responsible for ensuring that athletes meet National Federation and CHSAA uniform guidelines.
2. Field event contestants will be required to initiate each trial within the 1-minute period stated in the National Federation Rules.
3. Time schedule of running events will be followed. Due to unforeseen circumstances (i.e. inclement weather) races may run behind schedule however a race will never be run before its scheduled time.

## SITE INFORMATION & DIRECTORS

**Site:** [Jefferson County Stadium](#)  
500 Kipling St.  
Lakewood, CO 80226

**Meet Director:** [Jenn Roberts-Uhlig](#) – CHSAA

**Site Directors:** Darryl Abeyta/Steve Hesser

**Stadium Director:** Ezra Paddock

## STADIUM PRACTICE PROHIBITION

There will be no practice, or anyone allowed on the track or on the facility property beginning the Sunday prior to the Championship meet.

## TEAM CANOPIES

Team canopies are allowed in designated area of the southwest corner (please see enclosed map). Tents are **not allowed** in the west side of the stands. No tents may be setup prior to the meet.

## TEAM PACKETS

Each school with a contestant(s) in the state boys' and girls' competition will have a team packet. The packet will not be available in advance of the specified pickup time noted below.

**NOTE:** The authorized coach must pick up and sign for the school packet. No parent or competitor will be permitted to do so. Please contact [Jenn Roberts-Uhlig](#), CHSAA Assistant Commissioner or [Audra Peterson Cathy](#), CHSAA Executive Assistant, for any special circumstances.

Packets will be available for all classes on Thursday, Friday & Saturday – May 16-18 at gate opening times at the team entrance. You can pick up packets at any time during the meet. **Team Entrance will be located at the NORTHEAST entrance.** A gate attendant will be available all day for packet pick-up after gates open.

Competitors and coaches entrance/ticket sales/doors will begin at this time:

**Thursday – 7:00 am; Friday – 7:15 am; Saturday – 7:15 am.**

## TEAM CREDENTIALS

4A/5A will receive up to 4 coach credentials per team (4 credentials per boys' team – 4 credentials per girls' team or less based on the number of entries you have in the meet). 1A-3A will receive up to 3 coach credentials per team (3 credentials per boys' team – 3 credentials per girls' team or less based on the number of entries you have in the meet). Competitor passes will be based on the estimated number of qualifiers plus one for team athletic trainer.

## **COMPETITOR'S PASSES**

Each athlete will be given a pass. Upon entry athletes will have their passes marked and hands stamped. There will be ONE pass per athlete. This pass will be used all three days, so athletes must keep the pass for the duration of the event. There will NOT be a separate pass for each day. Re-entry can only be done at the Team Entrance (northeast) (plan accordingly).

**CHSCA & CHSAA courtesy cards must enter at northeast coach/competitor gate.**

**\* \* NO EXCEPTIONS \* \***

**Please don't try to circumvent this rule. Gate personnel are expected to do their job; all problems will be reported to the administration of the school.**

**DO NOT GIVE ANY PASSES TO OTHER COACHES OR SPECTATORS**

## INCLEMENT WEATHER POLICY

No qualifying meets interrupted due to inclement weather will be considered for ranking after May 11 unless approved through CHSAA.

Contests interrupted because of acts of God shall be continued from the point of interruption unless the teams agree to terminate the contest with the existing score or there is conference, league, CHSAA or National Federation game rules which apply.

The following policy statements represent the general operating procedures of the CHSAA regarding post-season competition that is threatened by acts of God which include, but are not limited to, inclement weather, infectious diseases, or other uncontrollable and unforeseen circumstances. Circumstances not covered by this policy are left to the discretion of the CHSAA office.

Note: Schools and individuals have the added responsibility of making alternative travel plans to contest/tournament sites based upon weather forecasts, etc. As a common factor, input and recommendations are to be sought from the Highway Patrol Division of Highways and Travel.

### Team Competition

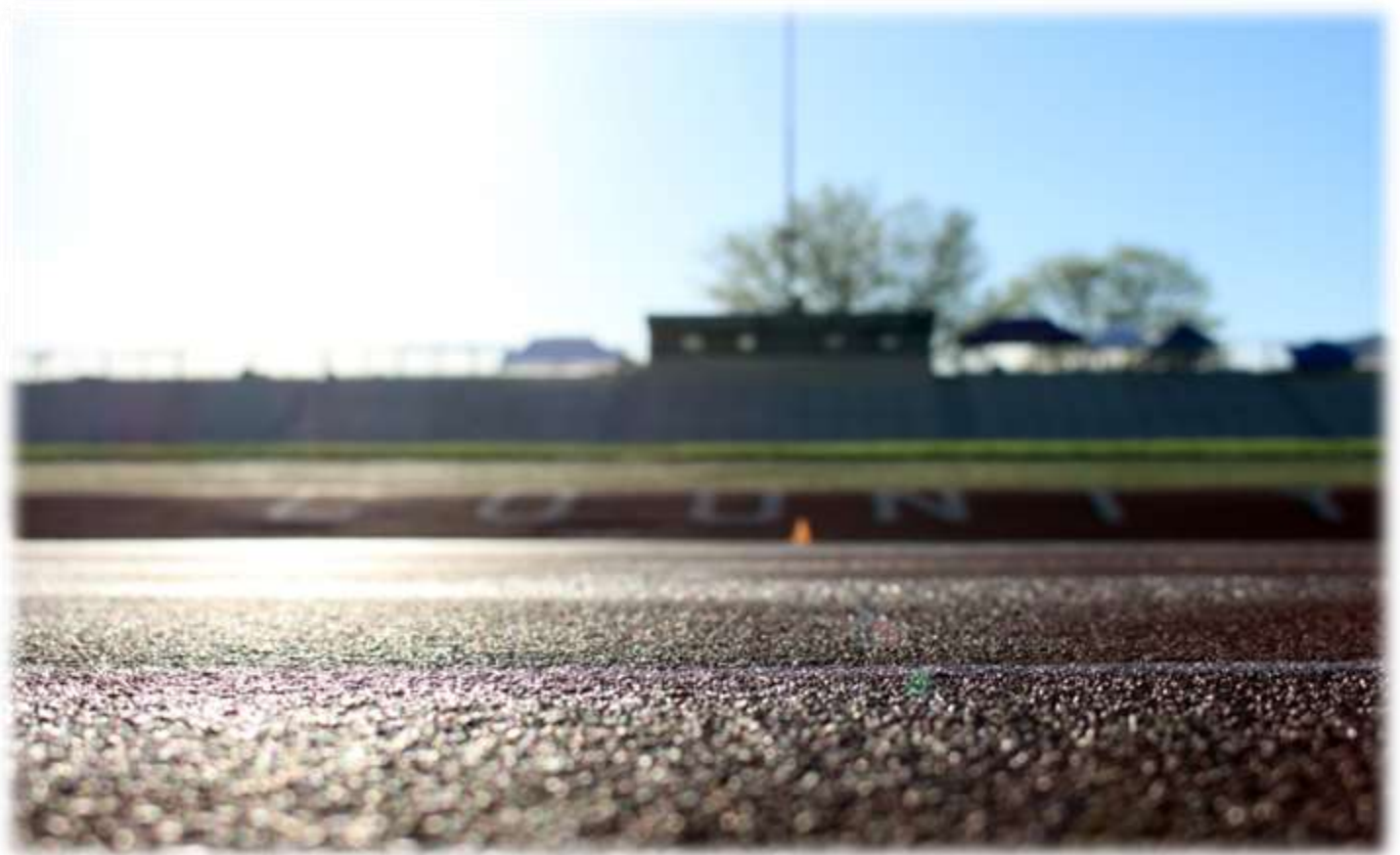
1. Dual - The scheduled starting time and/or date of a contest/event may be adjusted upon consultation and agreement of the administrators from the two affected schools as well as consultation with the CHSAA office.
2. Tournaments/Conferences - In the event acts of God prevent a team(s) from arriving on time for a scheduled contest as part of a post-season tournament, the following steps will be enacted:
  - a. When the number of schools participating is 25% or more that are unable to be present, the tournament/conference director, in consultation with the CHSAA, shall postpone all or part of the day's contests/activities. Alternative brackets and time schedules shall be determined by the director, in consultation with the CHSAA, which may include extending the contest/ tournament.
3. When less than 25% of schools are not able to attend the following procedures will be followed:
  - a. Notify the tournament director or designee with complete details a minimum of four hours before the scheduled starting time the day the tournament is to begin and/or other affected days of the tournament.
  - b. If unable to arrive for the scheduled starting time, that segment of the bracket (game) will be moved to a later time slot that evening, following the completion of scheduled contests.

- c. In the event "a" is not possible, the game(s) will be rescheduled the following morning-- where the schedule permits --at a time to be set by the tournament director.
- d. In the event "b" is not possible and the contest(s) cannot be rescheduled due to facility and/or schedule conflicts, etc., the contest shall be declared a forfeit. When a consolation bracket is available, the team unable to make the contest will enter the consolation bracket.

### **Individual Competition**

1. Tournaments/Conferences - In the event acts of God prevent an individual(s) from arriving on time for a scheduled match as part of a post-season tournament, the following will apply:
  - a. In cases where less than 10% of participants are affected, the event/tournament will continue as scheduled and the individual will forfeit his/her position in the draw. When a consolation bracket is involved, the participant(s) unable to make the scheduled match will enter the consolation bracket. (The sport specific rules apply, i.e. NFHS weigh-in policy.)
  - b. If a number of participants in excess of 10% cannot be present before the official check-in period but are planning to attend and contact the tournament director a minimum of four hours in advance of the tournament, the tournament director, in consultation with the CHSAA, may adjust the bracketing and schedule for the purpose of allowing maximum participation.
  - c. When the number of participants is 25% or more who are unable to be present, the tournament director, in consultation with the CHSAA, shall postpone all or part of the day's contests/ activities. Schedules/brackets and alternative plans shall be determined by the director, in conjunction with the CHSAA, which may include extending the contest/tournament.

# TRACK & FIELD APPENDIX



## ABBREVIATIONS OF TRACK SCHOOLS

These abbreviations must be used for entries in “ALL MEETS”. These abbreviations will be used for all classifications for qualifying, regional and state entries.

HIGH SCHOOL	ABBREV.
ABRAHAM LINCOLN	ABRA
ACADEMY (THE)	ACAD
ADAMS CITY	ADAM
AGUILAR	AGUI
AIR ACADEMY	AIRA
AKRON	AKRO
ALAMEDA	ALAM
ALAMOSA	ALMO
ALEXANDER DAWSON	ALEX
ANTONITO	ANTO
ARAPAHOE	ARAP
ARICKAREE	ARIC
ATLAS PREP	ATLA
ARRUPE JESUIT	ARRU
ARVADA	ARVA
ARVADA WEST	ARVW
ASPEN	ASPE
AURORA CENTRAL	AURO
AURORA WEST COLLEGE PREP	AWCP
BASALT	BASA
BATTLE MOUNTAIN	BATT
BAYFIELD	BAYF
BEAR CREEK	BEAR
BELLEVUE CHRISTIAN	BELL
BENNETT	BENN
BERTHOUD	BERT
BETHUNE	BETH
BOULDER	BOUL
BRANSON	BRAN
BRIGGSDALE	BRIG
BRIGHTON	BRGH
BROOMFIELD	BROO
BRUCE RANDOLPH	BRUC
BRUSH	BRUS
BUENA VISTA	BUEN
BURLINGTON	BURL
BYERS	BYER
CALHAN	CALH
CALICHE	CALI
CAMPION ACADEMY	CAMA
CAMPO	CAMP
CANON CITY	CANO
CAPROCK ACADEMY	CAPA
CASTLE VIEW	CAST
CEDAREGGE	CEDA
CENTAURI	CNTA
CENTAURUS	CNTU
CENTENNIAL	CNTE
CENTER	CENT

HIGH SCHOOL	ABBREV.
CENTRAL-GRAND JCT.	GRJC
CHAPARRAL	CHAP
CHATFIELD	CHAT
CHERAW	CHER
CHEROKEE TRAIL	CHET
CHERRY CREEK	CHEC
CHEYENNE MOUNTAIN	CHYM
CHEYENNE WELLS	CHYW
CIVA CHARTER	CIVA
CLASSICAL ACADEMY	CLAS
CLEAR CREEK	CLER
COAL RIDGE	COAL
COLLEGIATE ADAD. OF COLO.	COLC
COLORADO ACADEMY	CACD
COLORADO ROCKY MTN.	CRMT
COLO. SCHOOL FOR D&B	CSDB
COLO. SPRINGS SCHOOL	CSPS
COLO. SPGS. CHRISTIAN	CSCS
COLUMBINE	COLU
CONIFER	CONI
CORONADO	CORO
COTOPAXI	COTO
CREEDE	CREE
CRESTED BUTTE COMM.	CRES
CRIPPLE CREEK-VICTOR	CRIP
CROWLEY COUNTY	CROW
CUSTER COUNTY	CUST
DAKOTA RIDGE	DAKO
DAYSRING CHRISTIAN	DAYS
DEBEQUE	DEBE
DEER TRAIL	DEER
DEL NORTE	DELN
DELTA	DELT
DENVER ACADEMY	DACA
DENVER CHRISTIAN	DCHR
DENVER EAST	DENE
DENVER JEWISH DAY SCHOOL	DJDS
DENVER NORTH	DENN
DEN. SCHOOL OF S & T (STAPLETON)	DSST
DSST (GREEN VALLEY RANCH)	DGVR
DENVER SOUTH	DENS
D'EVELYN	DEVE
DENVER WALDORF SCHOOL	DNWS
DENVER WEST	DENW
DISCOVERY CANYON	DISC
DOHERTY	DOHE
DOLORES	DOLO
DOLORES HUERTA PREP	DOHP
DOUGLAS COUNTY	DOUG

HIGH SCHOOL	ABBREV.
DOVE CREEK	DOVE
DURANGO	DURA
EADS	EADS
EAGLE RIDGE ACADEMY	EGRG
EAGLE VALLEY	EAGV
EAGLECREST	EAGL
EATON	EATO
EDISON	EDIS
ELBERT	ELBT
ELIZABETH	ELIZ
ELLCOTT	ELLI
ENGLEWOOD	ENGL
ERIE	ERIE
ESTES PARK	ESTS
EVANGELICAL CHRISTIAN	EVAN
EVERGREEN	EVER
EXCELSIOR	EXCL
FAIRVIEW	FAIR
FAITH CHRISTIAN	FTHC
FALCON	FALC
FAR NORTHEAST	FARN
FLAGLER	FLAG
FLAGLER/HI-PLAINS	FLHP
FLATIRONS ACADEMY	FLAC
FLEMING	FLEM
FLORENCE	FLOR
FORT COLLINS	FTCO
FORT LUPTON	FTLU
FORT MORGAN	FTMO
FOSSIL RIDGE	FOSS
FTN. -FORT CARSON	FTNC
FOUNTAIN VALLEY	FTNV
FOWLER	FOWL
FREDERICK	FRED
FRONTIER ACADEMY	FRON
FRONT RANGE CHRISTIAN	FTRC
FRUITA MONUMENT	FRUI
GATEWAY	GATE
GENOA-HUGO/KARVAL	GHKR
GEORGE WASHINGTON	GEOR
GILPIN COUNTY	GILP
GLENWOOD SPRINGS	GLEN
GOLDEN	GOLD
GOLDEN VIEW CLASSICAL ACADEMY	GOVI
GRANADA	GRAN
GRAND JUNCTION	GRAJ
GRAND VALLEY	GRVA
GRANDVIEW	GRDV
GREELEY CENTRAL	GRCE
GREELEY WEST	GRWE
GREEN MOUNTAIN	GREN
GUNNISON	GUNN
HANOVER	HANO
HARRISON	HARR

HIGH SCHOOL	ABBREV.
HAXTUN	HAXT
HAYDEN	HAYD
HERITAGE	HERI
HERITAGE CHRISTIAN ACADEMY	HRTC
HIGHLAND	HIGH
HIGHLANDS RANCH	HIRN
HINKLEY	HINK
HI-PLAINS	HIPL
HOEHNE	HOEH
HOLLY	HOLL
HOLY FAMILY	HLFA
HOLY TRINITY ACADEMY	HLTA
HOLYOKE	HOLY
HORIZON	HORI
IDALIA	IDAL
IGNACIO	IGNA
JAMES IRWIN CHARTER	JAME
JEFFERSON	JEFF
JEFFERSON ACADEMY	JEFA
JIM ELLIOT	JIME
JOHN F. KENNEDY	KENN
JULESBURG	JULE
JUSTICE	JUST
KARVAL	KARV
KENT DENVER	KENT
KIM	KIMM
KIOWA	KIOW
KIPP DENVER COLLEGIATE	KIPP
KIT CARSON	KITC
LA JUNTA	LAJU
LAKE CITY COMMUNITY SCHOOL	LCCS
LAKE COUNTY	LKCO
LAKEWOOD	LAKE
LAMAR	LAMA
LAS ANIMAS	LASA
LA VETA	LAVE
LEGACY	LEGA
LEGEND	LEGE
LEWIS-PALMER	LEWP
LIBERTY (CS)	LBCS
LIBERTY (JOES)	LBJO
LIBERTY COMMON	LBCO
LIMON	LIMO
LITTLETON	LITT
LONE STAR	LONE
LONGMONT	LONG
LONGMONT CHRISTIAN	LNGC
LOTUS SCHOOL	LOTU
LOVELAND	LOVE
LUTHERAN	LUTP
LYONS	LYON
MACHEBEUF (BISHOP)	BISH
MANCOS	MANC

HIGH SCHOOL	ABBREV.		HIGH SCHOOL	ABBR EV.
MANITOU SPRINGS	MANI		PONDEROSA	POND
MANUAL	MANU		POUDRE	POUD
MANZANOLA	MANZ		PRAIRIE	PRAI
MCCLAVE	MCCL		PRAIRIE VIEW	PRVI
MEAD	MEAD		PRIMERO	PRIM
MEEKER	MEEK		PRITCHETT	PRIT
MERINO	MERI		PROSPECT RIDGE ACADEMY	PROS
MESA RIDGE	MESA		PUEBLO CENTENNIAL	PUEC
MIAMI-YODER	MIAM		PUEBLO CENTRAL	PUCE
MIDDLE PARK	MIDD		PUEBLO COUNTY	PUCO
MITCHELL	MITC		PUEBLO EAST	PUEE
MOFFAT	MOFF		PUEBLO SOUTH	PUES
MOFFAT COUNTY	MOFC		PUEBLO WEST	PUEW
MONARCH	MONA		RALSTON VALLEY	RALS
MONTBELLO	MONT		RAMPART	RAMP
MONTE VISTA	MNTE		RANGELY	RANG
MONTEZUMA-CORTEZ	MNTZ		RANGEVIEW	RNGV
MONTROSE	MONR		REGIS JESUIT (B)	REGI
MOUNTAIN RANGE	MTNR		RESURRECTION CHRISTIAN	RESU
MOUNTAIN VALLEY	MTNV		REVERE	REVE
MOUNTAIN VIEW	MTVW		RIDGEVIEW ACADEMY	RVAC
MOUNTAIN VISTA	MTVS		RIVERDALE RIDGE	RVDR
MULLEN	MULL		RIDGWAY	RIDG
NEDERLAND	NEDE		RIFLE	RIFL
NIWOT	NIWO		ROARING FORK	ROAR
NORTHGLENN	NORT		ROCK CANYON	ROCC
NORTH FORK	NTHF		ROCKY FORD	ROCF
NORTH PARK	NTHP		ROCKY MOUNTAIN	ROCK
NORTHFIELD	NRFD		ROCKY MOUNTAIN LUTHERAN	RMTL
NORTHRIDGE	NORR		ROOSEVELT	ROOS
NORWOOD	NORW		RYE	RYES
NUCLA	NUCL		ST. MARY'S	STMR
OLATHE	OLAT		ST. MARY'S ACADEMY	STMA
OTIS	OTIS		SALIDA	SALD
OURAY	OURA		SAND CREEK	SAND
OVERLAND	OVER		SANFORD	SANF
PAGOSA SPRINGS	PASO		SANGRE DE CRISTO	SANG
PALISADE	PALI		SARGENT	SARG
PALMER	PALM		SEDGWICK COUNTY (JULESBURG/REVERE)	SEDG
PALMER RIDGE	PLMR		SEVERANCE	SEVR
PAWNEE	PAWN		SHERIDAN	SHER
PEAK TO PEAK H.S.	PEAK		SHINING MTN. WALDORF	SHIN
PEETZ	PEET		SIERRA	SIER
PEYTON	PEYT		SIERRA GRANDE	SRGR
PIKES PEAK CHRISTIAN	PPCH		SILVER CREEK	SILV
PINE CREEK	PINE		SIMLA	SIML
PINNACLE (THE)	PINN		SKYLINE	SKYL
PLAINVIEW	PLAN		SKYVIEW	SKYV
PLATEAU VALLEY	PLAT		SKYVIEW ACADEMY	SKAC
PLATTE CANYON	PTCN		SMOKY HILL	SMOK
PLATTE VALLEY	PTVA		SOROCO	SORO
POMONA	POMO		SOUTH BACA (CAMPO/PRITCHETT/VILAS)	VILA

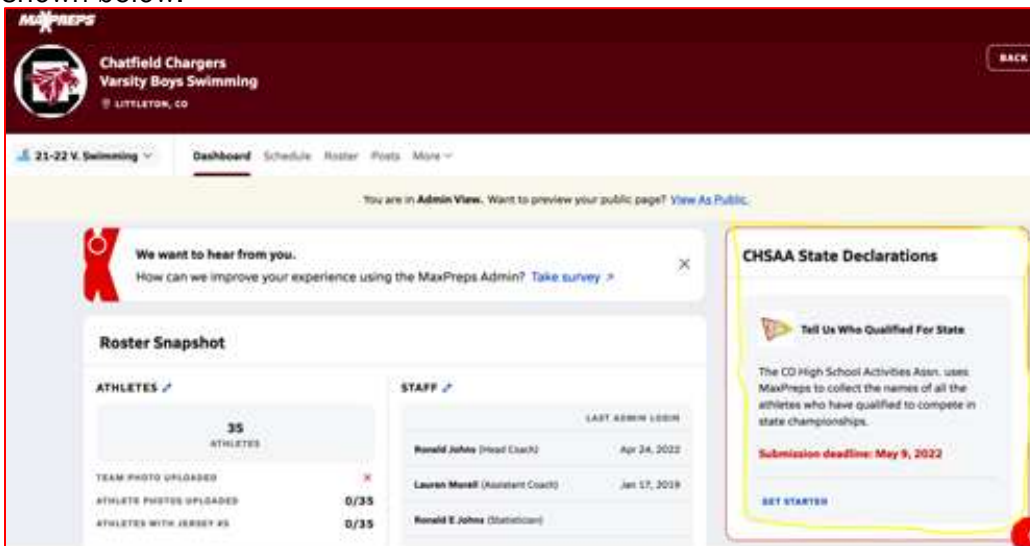
HIGH SCHOOL	ABBREV.
SOUTH PARK	STHP
SOUTHERN COLO. EARLY COLLEGE	SCEC
SPRINGFIELD	SPRN
STANDLEY LAKE	STAN
STEAMBOAT SPRINGS	STEA
STEM HIGHLANDS RANCH	STEM
STERLING	STER
STRASBURG	STRS
STRATTON	STRA
STRATTON/LIBERTY	STLB
SUMMIT	SUMM
SWALLOWS CHARTER ACAD.	SWAL
SWINK	SWIN
TELLURIDE	TELL
THOMAS JEFFERSON	THOJ
THOMPSON VALLEY	THOM
THORNTON	THOR
THUNDERRIDGE	THUN
TIMNATH	TIMN
TRINIDAD	TRIN
TWIN PEAKS CHARTER	TPCA
UNION COLONY PREPARATORY SCHOOL	UNCO
UNIVERSITY	UNIV
VAIL CHRISTIAN	VLCH
VAIL MOUNTAIN	VLMT
VALLEY	VALL
VALOR CHRISTIAN	VALO
VANGUARD CLASSICAL	VCLA
VANGUARD SCHOOL	VANG
VILAS	VILA
VISTA PEAK	VIPK
VISTA RIDGE	VIST
WALSENBURG	WLSN
WALSH	WALS
WASSON	WASS
WELD CENTRAL	WELD
WELDON VALLEY	WLDV
WELLINGTON	WELL
WEST GRAND	WEST
WESTMINSTER	WSTM
WHEAT RIDGE	WHEA
WIDFIELD	WIDE
WIGGINS	WIGG
WILEY	WILE
WILLIAM SMITH	WILL
WINDSOR	WIND
WINDSOR CHARTER	WCHA
WOODLAND PARK	WOOD
WOODLIN	WDLN
WRAY	WRAY
YUMA	YUMA

# MAX PREPS STATE QUALIFYING DECLARATION PROCESS

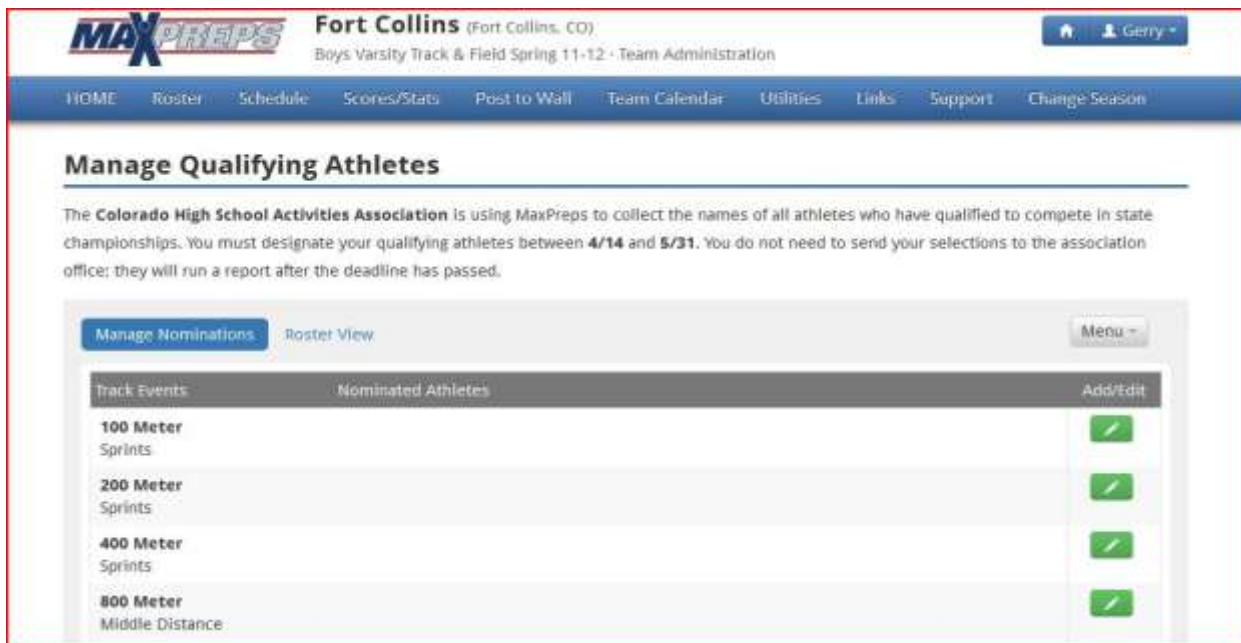
Track Coaches,

CHSAA again is using the [MaxPreps](#) state qualifier system this season, to help make it easier for coaches to select their state qualifiers and for us to seed the state meet.

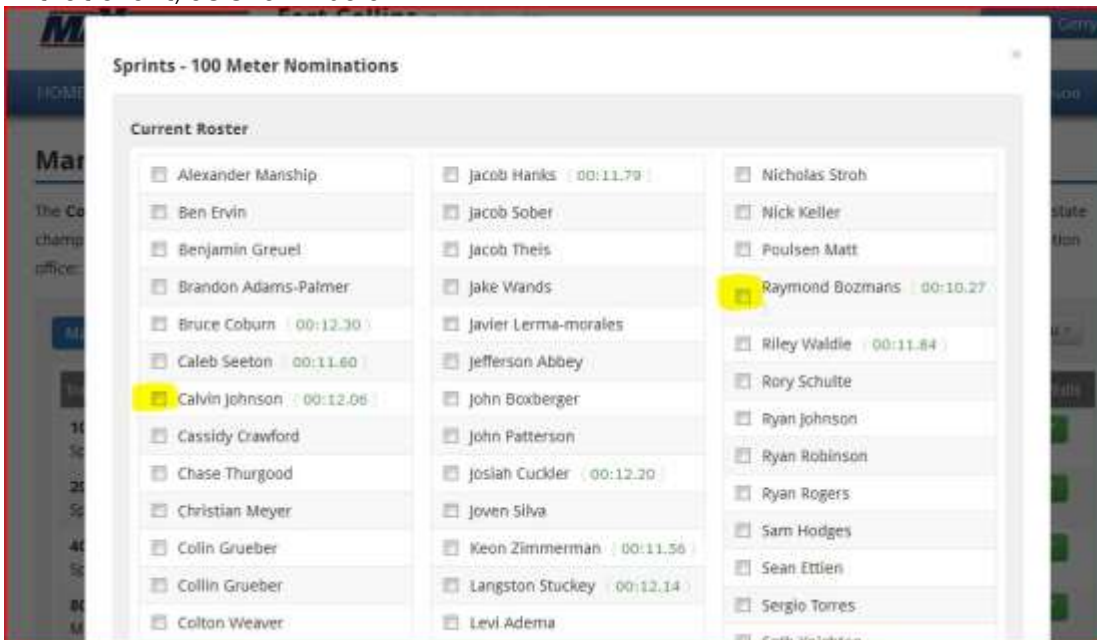
All state nominations will be done through [MaxPreps](#) in your coach admin. There will be no scratch and add process as in previous seasons. You must log in to your team account to complete the state process. When the process is opened for coaches, you will see a notice at the top right of your coach admin as shown below.



To begin the process, simply click on the “Get Started” button. That will take you to a screen that displays all the events as shown below. The declaration process will open **THURSDAY, MAY 2 at 3:00 pm.**

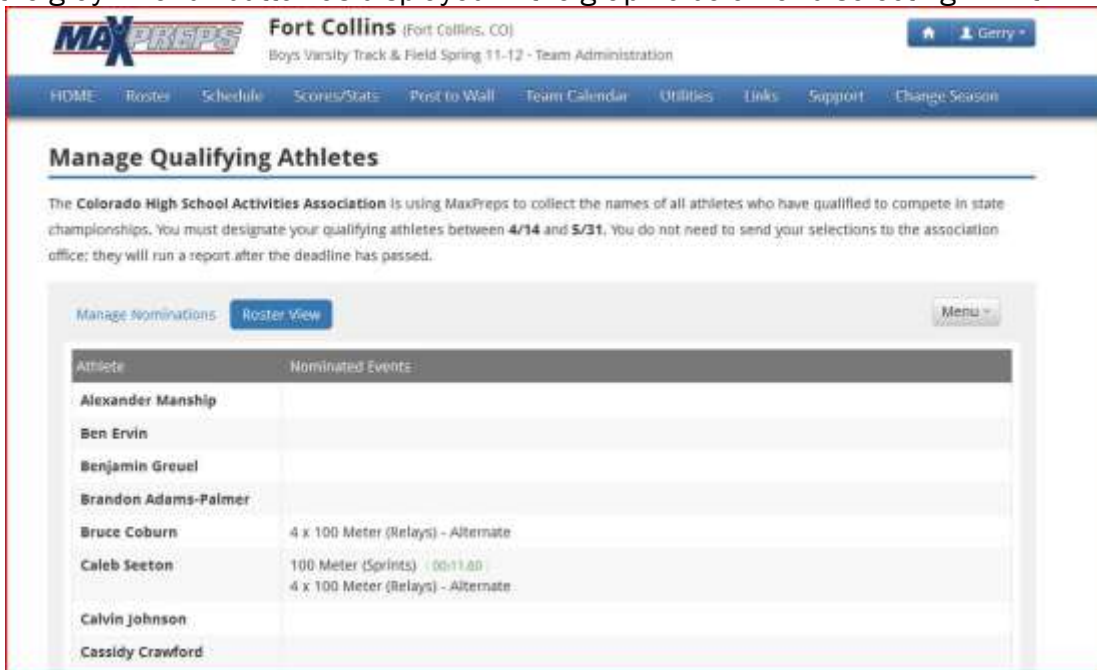


To make a state declaration in an event (meaning you are entering that athlete into that event) click on the green pencil icon next to that event. Your roster will display, along with the best time your athlete achieved in that event, as shown below.



Check the box next to that athlete's name and hit "Save" and that entry will be saved. Complete for all events in which you have a competing athlete. **Please note: it is your responsibility to ensure that you enter only athletes who have achieved state qualification standards as determined by the CHSAA.**

You can edit the selections as needed through **MONDAY, MAY 13 by 8:00 AM**. You can double check your declarations by clicking the "Roster View" link as shown below. You may also print off your entries by using the gray "Menu" button as displayed in the graphic below and selecting "Print".



If you do not have your [MaxPreps](#) login information or need assistance with the process, please contact [MaxPreps](#) rep Gerry Valerio at [gerry.valerio@viacomcbs.com](mailto:gerry.valerio@viacomcbs.com).

## MEET MANAGERS INFORMATION PAGE

PLEASE READ THOROUGHLY

### HELPFUL HINTS FOR MEET MANAGERS

1. The [MaxPreps](#) import process remains the same as last season.
2. Reminder, athlete names in [MaxPreps](#) that match the names in the Hy-Tek results file will appear in green for each team during the import process. Non-matching names appear at the top of the page in red for each team. Please take a moment to check to see if there is a matching athlete (perhaps there is a misspelled name or a different version of the name in the results file than what is on the [MaxPreps](#) roster) before adding a new athlete to the roster. This is to avoid adding duplicate athletes.
3. Meet managers will need to delete times when a student is disqualified. This assures that the results that are submitted to [MaxPreps](#) are accurate for the qualifying process for the state meet.
4. Remember to export meet results by gender from Hy-Tek before importing the results into [MaxPreps](#). This will be a huge time-saver and will eliminate the possibility of adding athletes in the wrong gender roster.
5. Results from all qualifying meets must be entered by May 11th at 11:59 pm
6. Please review the MaxPreps's tutorial

If you have questions, please feel free to contact Gerry Valerio at [gerry.valerio@paramount.com](mailto:gerry.valerio@paramount.com) or Jenn Roberts-Uhlig at [jrobertsuhlig@chsaa.org](mailto:jrobertsuhlig@chsaa.org)

GOOD LUCK THIS SEASON

## QUESTIONS & ANSWERS ON RANKINGS

**Q1: How long do coaches have to question/protest meet result rankings posted by [MaxPreps](#)?**

A1: Coaches have one week from the conclusion of a meet to protest rankings. All protest must be done in writing and submitted by E-mail to [Jenn Roberts-Uhlig](#). Non-head coach protests will not be considered. A coach's protest outside of the designated time period will not be considered. (Example – Coach cannot E-mail a concern on May 2<sup>nd</sup> regarding meet results or rankings from a meet on April 10.

**Q2: How many athletes will be ranked per event?**

A2: [MaxPreps](#) will rank results but only the top 18 per event will be seeded for the state championship. [MaxPreps](#) is a nationally recognized rankings and statistics company working with the CHSAA.

- ***1A – will rank/advance the Top 9 in all seeded lanes and Top 12 in the 800m, 1600m, 3200m, and the 4 x 800m and Top 10 in field events. The finals will be seeded with the longest jump or throw competing last, second longest second to last, etc. 1A competitors will have finals only format with four (4) attempts.***

**Q3: Will the CHSAA advance ties for final places?**

A3: Yes, if ties cannot be broken all times/marks final place will advance.

**Q4: Who do coaches call for questions and concerns regarding ranked and omission of athletes?**

A4: All questions/concerns must be in writing via E-mail to [jrobertsuhlig@chsaa.org](mailto:jrobertsuhlig@chsaa.org).

**Q5: When are rankings updated?**

A5: All qualifying meets must be submitted within 24 hours and [MaxPreps](#) will update markings.

**Q6: How are relays used for rankings and advanced to state?**

A6: A school can qualify one relay per event. If ranked in the top 18 for state, coaches can interchange entries per relay card at state. Relays do not declare individuals until the state meet. **You will only fill out one relay card at state.**

**Q7: What if an athlete who has placed in past state championships does not have a legal wind-aided performance?**

A7: If the athlete has competed in a minimum of 11 varsity qualifying meets and has all wind-aided performances that are in the legal rankings the CHSAA liaison and review board will reserve the right to add individuals based on past state championship placing in the top 8 or top 9 medal rounds. Meets missed due to injury or ineligibility (for any reason) will disqualify an athlete for consideration.

**Q8: Can I split my team/program the last week?**

A8: Teams may split and send athletes to different locations any week of the season.

No student-athlete may participate in more than 12 regular season meets (indoor or outdoor) exclusive of their school's league championship or the state championships.

The format for league championships will be determined by the league and/or the site host. This includes number of entries, time schedule, number of days, etc.

**Q9: Can we change the direction of straight races to take advantage of the wind?**

A9: Yes, but all qualifying standards must be met.

**Q10: If meet results aren't submitted to [MaxPreps](#) on time, will CHSAA accept verified results after the 48-hour time period?**

A10: No. In order to keep the integrity of the process results not submitted within the timeline, will disqualify all athletes' opportunities for rankings.

**Q11: Why do we have to use CHSAA regulated school abbreviations?**

A11: Consistent abbreviations are critical for identifying schools in qualifying meets as well as multi-classification meets.

**Q12: Is there a maximum number of athletes a school can have in the top rankings to advance?**

A12: No – after you have declared your athletes the top qualifiers in each classification – (1A – 9 / 1A – 12 in 800m, 1600m, 3200m, & 4x800m / 1A – 10 in field events / 2A-5A – 18 will advance.)

**Q13: (a) May a track participant compete in non-school events during the season? (b) Do those events count against the contest limits established by the CHSAA?**

A13: (a) Yes, with written permission of the principal prior to that participation and under the stipulations of the Outside Competition Rule; (b) No as they are not representing the school in anyway (i.e. transportation, monies, uniforms).

**Q14: At what point does an 8<sup>th</sup> grade student become eligible to participate with high school underclassmen at a school sponsored activity (i.e. camps, weight room, off-season workouts, etc.)?**

A14: Starting May 1<sup>st</sup>. They must have preregistered or live in the attendance area of the high school in which they will participate.

**Q15: If I find a discrepancy more than 7 days after meet results have been posted can I call CHSAA or [MaxPreps](#) to have it corrected?**

A15: No. You have 7 days to make note of and change discrepancies after meet results have been posted. After that 7-day period, all requests will no longer be reviewed or added.

## **MILESPLIT REGULAR SEASON ONLINE REGISTRATION INFORMATION**

### **Instructions to enter a meet using [MileSplit](#)'s Online Meet Registration System**

#### **Updating Rosters**

With the track and field season about to start, a little prep work and house cleaning now means less time and aggravation later.

If you are a coach of a team but not yet a registered user:

1. Go to <http://co.milesplit.com> and click on the Login link in the upper right corner. Then click on the Sign Up link. You do not have to become a [MileSplit](#) Pro member to have a coach account.
2. Simply fill out the registration page.  
Wait for a confirmation message sent to the e-mail address you provided (it shouldn't take more than a couple of minutes). Once that comes, use your new Colorado Track XC username and password provided to log in. Once you are logged in, you may change your password to something more memorable by clicking on Account in the upper right corner and then My Account/Change Password.
3. Next go to your team page (click on Teams in the gray navigation bar and select your school). In the black banner portion of your team banner, click on the Claim Team button. On the next page that appears, click on the Coach link, then fill out the indicated information, and click on the Yes, I am a coach on this team button at the bottom of the form. You may add your school position in the text box, and any other information you believe will be helpful to verify you are a coach. A valid school e-mail address is a very good indicator. A working email address that you check is an absolute necessity.
4. You must now wait for a confirmation message that you are accepted as a team admin for your school. This can take as long as 24 hours, but usually happens much sooner than that. If you don't seem to be getting this message, please first check your spam (or junk) box. If that does not yield the confirmation contact [registration@milesplit.com](mailto:registration@milesplit.com) for assistance.

#### **Once you have confirmed team admin status for your school:**

1. Go to Colorado Track XC (<http://co.milesplit.com>) and log in with your username and password.
2. Click on Teams on the main gray navigation bar and select your school.
3. Click on the Edit Team button beneath your school name on the team page.

**4.** Click on the Roster tab at the top of the page, immediately below the banner area. This will bring up your editable team roster. You will note that most of the athletes on your team are already entered. Here are the steps you need to go through at this page to make your roster (the one that will show on your team home page when people view it and the one you will select from when you do online entries) fully current:

**a.** Note which roster you are viewing. During, and for a while before, track season, the roster defaults to the track roster. Check first on the cross country roster, however, before adding any athletes to the track roster. Do this by selecting the All option under Sport. If any of these athletes need to be added to the track roster, check the edit pencil next to the sport in the Roster column and make any necessary changes. Make these athletes current members of the track by clicking on the edit pencil next to their roster status and making any necessary edits. If there are any athletes listed for cross country and track but who will not be out for track, click the edit pencil and make them only on the Cross Country roster.

**b.** Now there will be athletes who do not yet exist on the roster and need to be added. Simply use the Add Athlete tool on the right-hand side of the page to add these athletes. As you add, please make sure you assign each one an accurate year of graduation.

**c.** For any athletes shown without a year of graduation, please click on the edit pencil in the Class Of field and enter a correct year of graduation. A year of graduation is required for online registration for meets. This will spare you the grief of adding this information later.

**d.** If you find athletes showing on your roster who have graduated, that is because there is no year of graduation (or at least not a correct year of graduation) entered for them in the database. Click next to the Class Of field and enter the correct year of graduation. This will remove them from your editable roster.

**e.** When you are done editing your roster, you can click on Exit Admin Mode in the black banner area to return to the regular pages of the site. If you noted any duplicate athlete names in your roster, e-mail [registration@milesplit.com](mailto:registration@milesplit.com) and a member of our team will merge those.

## ENTERING A MEET ONLINE

The screenshot shows a registration page for 'The Banana Belt Classic' held on March 9 at Dutch Clark Stadium, hosted by Pueblo Centennial High School. The page is titled 'Registration Open' in green. On the left, there is a vertical list of steps with checkboxes: 'Get Started' (checked), 'Choose Team', 'Choose Athlete', 'Contact Information', 'Choose Divisions', and 'Enter Athletes'. On the right, under 'Registration Info', the following details are listed: Registration Opens: January 15, 2019 - 08:00pm EST; Registration Closes: March 6, 2019 - 08:00pm EST; Invitational/Open: Open; Payment Options: No Online Payments, Pay Through Mail; Open to: High School; Registration Notes: \$250 Per Team. Below this, there is a section titled 'Register New Entries' with a link that says 'Click Next to register as a School'.

If you're doing online entries on Colorado Track XC for the first time, or if you're not quite sure you remember how to from last year, below are the instructions you need:

**Step 1:** Make sure you are logged in. You should have already claimed your team and edited your roster. If not, go back to the beginning before doing this step.

**Step 2:** Click in the main navigation bar on Calendar. This will bring up the current season of meets. Look for the meet you wish to enter. Click on the meet name to bring up the meet page. If the meet is open for entries, you will see a green Enter Online Now bar below the meet name. Click it.

**Step 3:** This will bring you to a page similar to the one shown above, with details on the meet. Check the box at the bottom where it says Next.

Note: If it is a password-protected meet, you will have to get that information from the meet director. [MileSplit](#) personnel are not authorized to release that information.

**Step 4:** Your team should show if you are properly logged in. If your team is showing, but not already selected, click the radio button, then click on Next at the bottom. If your team is already selected, click on Next.

**Step 5:** Provide contact information as indicated. Select other coaches for contact as well if desired. Then click Next.

**Step 6:** Select divisions for which you will be entering the meet. If your team will be eventually entering both divisions but you are doing only one now, please select both divisions (male and female) now. It's easier that way. Then click on Next.

**Step 7:** Here is where you enter athletes. Each event has its own Add Entries button. Select as many events, up to and including all of them, and add entries for those events. Click on Save Entries each time you are done adding entries for an event. Note this is also the page where you can print confirmation of entries. When you are done, and whether or not the meet is using [MileSplit](#) to produce a bill for your entries, click Make Payment. You may return to revise your entries at any time up until meet entries close.

**Step 8:** Click Done.

## **MILESPLIT REGULAR SEASON ONLINE REGISTRATION INFORMATION**

In an attempt to provide multiple opportunities for athletes to qualify for the state championship, Colorado first adopted a system of pre-qualifying meets then adopted a ranking system that advanced the top 18 athletes in each event to the state meet. When athletes are competing all over the state to secure a ranking that qualifies them, equity can become an issue. It becomes especially important to follow proper procedures when recording performances to ensure that only legitimate marks are certified and ranked.

The best way to achieve equity is to require that all these contests be held in accordance with the rules set forth by the National Federation and the Colorado High School Activities Association. The following outline will enable meet directors, track referees, and field referees to be consistent when applying the rules of the wind gauge to ensure that times and distances are properly certified and that deserving athletes are granted access to our state's track and field championships.

A wind gauge or anemometer is required for races up to and including the 200 meters and the horizontal jumps. There are three steps that meet directors and referees must take to insure the legal running of these events: 1) verify that there are three wind gauges for the meet; 2) locate and set up the gauges properly and verify that they are operational; and 3) communicate with the persons operating the gauges to make sure they understand the correct procedures.

1. There should be three anemometers for each pre-qualifying meet. One gauge will record wind speed for the track events (100 meters, 200 meters, 100-meter hurdles, and 110-meter hurdles). Many FAT systems currently have the capability of recording the wind speed during a track event. The second and third gauges are used for the triple jump and long jump. If a meet director can only secure two wind gauges, the meet can still be contested with some logistical planning and cooperation from the horizontal jumps. Since the track gauge is only needed for four events, one of the gauges at either the triple jump or the long jump can be set up for the track events and then returned once the track event is completed. However, this does suspend one of the horizontal jumps for a period of time.
2. The track anemometer shall be positioned 4 feet above the ground and within 2 meters of the track, midway between the start and the finish. During the 200-meter dash, it shall be placed midway between the start of the straightaway and the finish line. For the long and triple jumps, it will be placed 4 feet above the ground and within 2 meters of the runway, 20 meters from the takeoff board.

Once in the correct position, the wind gauge should be set up so that it faces the start, in order to measure any favoring wind. A good way to test for this is to blow into the directional tube and start the anemometer. The result should be a positive or plus reading which indicates the gauge has been set up properly.

3. Communication with the wind gauge operators is essential to recording accurate wind readings. Although simple to operate, the mode must be changed depending on the event being contested.

For the horizontal jumps, the mode must be set for 5 seconds. Some gauges might specify “long/triple jump” in the display window but most will just say “5 seconds”. The device should be started when the jumper begins his/her approach. It will count backwards from 5 to 0 and then print the average wind speed during the 5 seconds the athlete made their attempt. A reading will then appear in the display and should be passed on to the event judge. The wind speed will be recorded for every legal jump that occurs. Every legal mark for every jumper must be accompanied by the wind gauge reading taken at the time of his/her attempt. Any positive reading indicates a favorable wind for the athlete. A reading that exceeds +2.0 meters per second will disallow that mark as a ranking for the state meet, although it has no effect on event results for the current competition. A negative reading indicates the athlete was running and jumping into the wind.

The same procedure holds true for the track events. Set the mode according to the event being contested. A 10-second mode is used for the 100-meter dash and 200-meter dash. A 13-second mode is used for the short hurdle events. The wind gauge should be started at the beginning of the straightaway portion of the race. Therefore, start the gauge with the gun for the 100-meter dash, 100-meter hurdles and 110-meter hurdles. For the 200-meter dash, the gauge must be started when the lead runner hits the straightaway. The wind reading taken during each heat of the specified races should be recorded on the result sheet. Again, positive readings indicate favorable winds. Positive readings in excess of +2.0 meters per second will negate any state ranking marks in that heat. Of course, any marks recorded (regardless of wind readings) are used to determine results for the current competition.

At the conclusion of the meet, the meet director will then upload the results into the state’s ranking system. Only times and jumps with legal wind readings will be accepted into the rankings. While some may see wind gauges and extra recording forms as a burden in administering their meet, the goal is to provide an equal qualifying opportunity for every athlete at any given meet site across the state.

## RECORD APPLICATION – HIGH SCHOOL TRACK & FIELD

**\*\*THIS FORM CAN BE ACCESSED BY [CLICKING HERE](#)\*\***

PLEASE EMAIL COMPLETED FORMS TO [AUDRA PETERSON CATHY](#)

### RECORDS (STATE TRACK MEET)

#### Track and Field State Meet Records

(Established in State Meet competition)

CHSAA Classifications changed from three classes (A, AA, AAA) to five classes (2A, 3A, 4A, 5A, 6A) in 1991 with the A records assigned to Class 2A, the AA records assigned to Class 4A and AAA records assigned to Class 6A. The 6A classification was eliminated after the 1994 season and the 5A & 6A records were merged. Class 1A competition began in 2011.

The first CHSAA state meets conducted on metric tracks were as follows:

- 1980 – Class AA, Lincoln Park, Grand Junction;
- 1981 – Class AAA, Dutch Clark Stadium, Pueblo;
- 1981 – Class A, Aurora Public Schools Stadium, Aurora.

All metric running events started in those years replacing the original yard events unless otherwise noted below. All yard event records were retired, and new metric records were established. All Boys Field Events have been part of the meet program since 1902 unless otherwise noted below. Girls Field events began with the first Girls State Track Meet in 1968 unless otherwise noted below.

For a complete list of Track & Field State Meet Records, please click [HERE](#)

### RECORDS – ALL CLASSIFICATION – PREP – BOYS AND GIRLS

To be listed, all Times/Marks must be set at a sanctioned track & field meet held within the State of Colorado during the CHSAA Track & Field Season.

For a complete list of boys and girls all-classification records, please click [HERE](#)

# QUALITY EXPECTATIONS FOR QUALIFYING MEETS INFORMATION



## **QUALITY OF QUALIFYING MEETS**

It is an expectation that all CHSAA qualifying meets are held to a higher standard than a regular meet. There is more to a qualifying meet than having a fully automatic timing system, certified starter, running and field referees. Every person that is an officiating/working position should have the knowledge that is appropriate for that event and is up to date with the newest rules of Track and Field. They should have all the equipment they need to run that event, prior to the start of the meet.

Every COACH, MEET MANAGER, WORKER AND OFFICIAL plays a role in the success of a qualifying meet. The meet manager should send out any vital information a couple days before the meet, they should hold a brief workers and coaches meeting prior to the start of the meet.

The hurdle, exchange zone, and curve judges should have white and yellow flags. Wind gauges for the running events, long and triple jump should be set up correctly and have qualified persons to run them. All wind speeds need to be recorded

You may run a multi-league meet.

### **Field Events**

The workers should have all the equipment needed to run their field events.

Tape measures that start at 0, marking devices, rakes, brooms, cones, clip boards, pencils etc. Field event judges should have red and white flags.

### **Pole Vault and High Jump:**

- (1.) legal pits with extra padding to go around the pit and vaulting box
- (2.) legal standards and weight scale to weigh in pole vault competitors
- (3.) two adult judges and cross bar helpers.

### **Long and Triple Jump:**

- (1.) wind gauges with a qualified person to run them
- (2.) jumping pits should be full of sand and raked level after every jump
- (3.) two adult judges—one at the foul line and one marking in the pit
- (4.) you will need tape pullers and many people to rake (this is a hard job)

### **Shot and Discus:**

- (1.) Three adult judges –one at the throwing circle, and two out in the field to mark every throw – **no pinning**
- (2.) You will also need workers to carry the implement back to the thrower.

### **Implement Inspector:**

Weight scale, tools to measure the diameter, circumference, and length, weight and size dimension sheet and a marking tool.

## **PRE-MEET CHECK LIST FOR QUALIFYING TRACK AND FIELD MEETS**

For a complete Pre-Meet Check List for Qualifying Track and Field Meets, please go [HERE](#).

## FIELD EVENT INFORMATION FORMS

For complete information on all field events, please go to:

[DISCUS](#)

[HIGH JUMP](#)

[LONG JUMP](#)

[POLE VAULT](#)

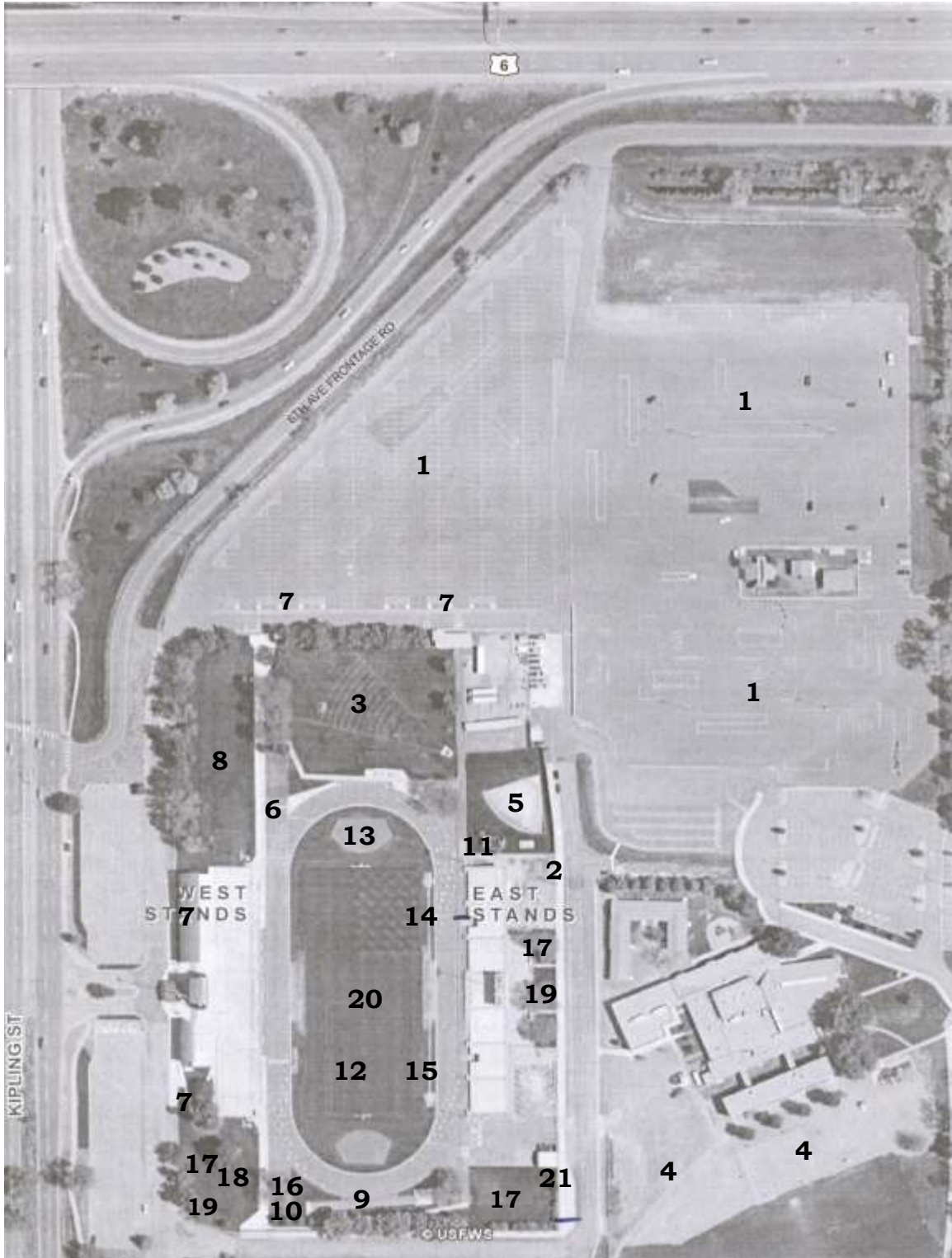
[SHOT PUT](#)

[TRIPLE JUMP](#)

## TRACK QUALIFYING MEET REPORT FORM

**\*\*THIS FORM MUST BE COMPLETED BY CLICKING [HERE](#)\*\***

# JEFFERSON COUNTY STADIUM MAP



KEY FOR MAP	
1	Spectator Parking
2	Competitor/Coaches Entrance & Athlete Drop-off
3	Discus
4	Workers Parking
5	Shot Put
6	Clerk/Race Check-In
7	Ticket sales Booths
8	Warm-up
9	Pole Vault
10	Athletic Trainers
11	Implement Weigh-Ins
12	Awards
13	High Jump
14	Triple Jump Area
15	Long Jump Area
16	Inquiry Table
17	Team Camp
18	Coaches Hospitality(TBD)
19	Team Tents Along Fence
20	Warm-up Area
21	Pole Vault Entrance
No Parking Allowed on Thursday & Friday at Miller Special School to South of Stadium	

Buses will be directed to bus parking area

## HOTEL INFO

### [Book your group rate for CHSAA 2024 - State Track & Field Championships](#)

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

#### **Event Summary:**

**CHSAA 2024 - State Track & Field Championships**

**Start Date: Wednesday, May 15, 2024**

**End Date: Saturday, May 18, 2024**

**Last Day to Book: Friday, May 3, 2024**



### [Book your group rate for CHSAA 2024 - State Track & Field Championships](#)

## **Additional Hotel CHSAA Group Rate: TownePlace Suites Denver West/Federal Center**

### [Book your group rate for CHSAA Track & Field Teams](#)

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

#### **Event Summary:**

**CHSAA Track & Field Teams**

**Start Date: Wednesday, May 15, 2024**

**End Date: Saturday, May 18, 2024**

**Last Day to Book: Friday, May 3, 2024**



### [Book your group rate at TownePlace Suites HERE](#)

## 2024 TRACK & FIELD STATE OFFICERS

### CTFOA President

Gary Strubel  
[gharleyclasic@gmail.com](mailto:gharleyclasic@gmail.com)

### CTFOA Vice President

Denise Close  
[ddc.close@gmail.com](mailto:ddc.close@gmail.com)

### CTFOA Secretary/Treasurer

Craig Bailey  
[craigbaileytrack@gmail.com](mailto:craigbaileytrack@gmail.com)

### State Rules Interpreter

KC Logan  
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### CHSAA Assistant Commissioner

Jenn Roberts-Uhlig  
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### CHSAA Coordinator of Sport

Audra Peterson Cathy  
[apetersoncathy@chsaa.org](mailto:apetersoncathy@chsaa.org)

### CHSAA Officials Admin. Assistant

Monica Tillman  
[mtillman@chsaa.org](mailto:mtillman@chsaa.org)

# Paralympic/Unified & the Geoffrey Zaragoza Special Olympics Races

## Athletic Directors/Coaches:



- Geoffrey Zaragoza Special Olympic 100m – Thursday, May 16 @ 11:25 AM
- 100m Paralympic/Special Olympic – Thursday, May 16 @ 11:45 AM
- 200m Paralympic/Special Olympic – Thursday, May 16 @ 12:25 pm
- Paralympic/Special Olympic Long Jump – Friday, May 17 @ 12:30 pm
- Paralympic/Special Olympic Shot Put – Friday, May 17 @ 11:45 am
- Paralympic/Special Olympic Discus – Friday, May 17 @ 4:00 pm



**\*\*THESE TIMES ARE TENTATIVE UNTIL STATED AS FINAL\*\***



If you have a student/athlete that would like to participate in any of these events, please register on [MileSplit Colorado](https://www.milesplit.com).