

**2019 JEFFCO FRESHMEN CHAMPTIONSHIP
TRACK AND FIELD MEET
JEFFCO STADIUM**

DATE: **Tuesday, April 9, 2019**--Running and Field Events will start at 3:30PM.

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

ADDITIONAL INFORMATION

1. Entry into the stadium is \$6.00
2. 3/16th inch spikes only, no spikes in the stands
3. Field event participants need to report to their site.
4. Running events need to report to the clerk at the southwest corner of the track.
5. A trainer will be available during the meet.
6. Starting blocks will be provided but each school must provide it's own batons.
7. Weigh-ins for shot and discus implements is at 3:00 at the top of the stadium
8. Please take care of your own trash in your area.
9. Clothing rules will be enforced.

ORDER OF EVENTS

Running Events: 3:30 Start (Women will run first, followed by the men).

800 Meter Medley Relay – women only (100,100,200,400)
3200 Meter Relay (4x800)
100 Meter Hurdles – women
110 Meter Hurdles – men
100 Meters
800 Meter. Relay (4x200)
1600 Meter Run
400 Meter Relay (4x100)
400 Meter run
300 Meter Hurdles
800 Meter Run
200 Meters
3200 Meter Run
1600 Meter Relay (4x400)

Field Events: 3:30 Start

Long Jump – Men are first followed by the Women
Triple Jump – Women are first followed by the Men
Shot Put– Women are first followed by the Men
Discus - Men are first followed by the Women
High Jump-North Pit – Men
High Jump – South Pit - Women
Pole Vault –South End – Women are first followed by the Men