

St. Vrain Invitational Time Schedule 2023

8:30	Workers Meeting	# of		9:15	PV Check & Weigh In	Girl Vaulters
9:00	Coaches' Meeting	Heats		9:15	Shot/Discus Weigh In	All Throwers
9:15	Girls 800 Medley Relay	4		<i>LJ, TJ, SP, Discus: 3 attempts, then top 9 to finals</i>		
9:35	Girls 3200 Meter Run	2		10:00	Boys High Jump	Max 60
10:05	Boys 3200 Meter Run	2			5' 4", 5' 7", 5' 9", 5'10.5" then 1"	
10:35	Girls 4x200 Meter Relay	5				
11:00	Boys 4x200 Meter Relay	6		10:00	Boys Long Jump	Max 60
11:30	Girls 100 Meter Hurdles	11			measuring over 18'	
12:15	Boys 110 Meter Hurdles	11		10:00	Girls Shot Put	Max 60
12:45	Girls 3200 Relay	2			measuring over 27'	
1:15	Boys 3200 Relay	2		10:00	Girls Triple Jump	Max 50
1:50	Girls 100 Meter Dash	14			measuring over 30'	
2:15	Boys 100 Meter Dash	14		10:00	Boys Discus	Max 50
2:40	Coaches 100 Prelims	Max 4			measuring over 110'	
2:50	Girls 400 Meter Dash	11				
3:15	Boys 400 Meter Dash	10		10:00	Girls Pole Vault	Max 60
3:35	Girls 800 Meter Run	4	Runway 1		8' 3" then 6"	
3:50	Boys 800 Meter Run	5	Runway 2		(1A/2A 5'6"), 6'3", 7'3", 8'3", then 6"	
4:15	Girls 300 Meter Hurdles	12				
4:45	Boys 300 Meter Hurdles	13		1:00	Shot/Discus Weigh-in if needed	
				2:00	Girls High Jump	Max 60
					4' 4", 4' 6", 4' 7.5", then 1"	
5:20	National Anthem			2:00	Boys Shot Put	Max 60
5:25	Girls 4x100 Meter Relay	5			measuring over 37'	
5:45	Boys 4x100 Meter Relay	6				
				2:00	Girls Discus	Max 50
					measuring over 90'	
6:10	Unified/Paralympic 100	No Limit				
6:30	Coaches 100m Final	1		2:00	Girls Long Jump	Max 60
6:30	Special Event: ATB Elite PV	none			measuring over 14' 0"	
				2:00	Boys Triple Jump	Max 50
6:40	Girls 200 Meter Dash	11			measuring over 37'	
7:10	Boys 200 Meter Dash	11				
				1:00	Boys weigh-ins	
7:40	Girls 1600 Meter Run	4/5		2:00	Boys Pole Vault	Max 60
8:10	Boys 1600 Meter Run	6	Runway 1		10'9", then 6"	
			Runway 2		(1A,2A 8'), 8'3", 9'3", 10'3", then 6"	
Murray Kula Memorial 1600 Relays						
8:50	Girls 4x400 Meter Relay	6		6:30	ATB USATF Open PV	
9:20	Boys 4x400 Meter Relay	7				