

***Let’s Get REAL Classic***

***AAU INDOOR***

***Middle School, High School only***

***January 18, 2020***

**MEET INFO**

**WHERE:** **Mountain Lion Fieldhouse 760 North Campus Hts. Colorado Springs, CO 80918**

**Facility: Flat 200m Beynon surface with four lanes on the oval and an eight lane straight on the infield. There are two warm-up lanes inside the oval. Tape only for marks on the runways. Chalk and cones will not be permitted.**

**Food and Drink Policy: There is NO food allowed in the indoor facility. ONLY water is allowed in the facility. This will be strictly enforced.**

**Spikes: 1/8” or 1/4” pyramid spikes only. No needle or compression spikes will be allowed.**

**Parking: Use Lot 580 down below the fieldhouse on the west side for free parking and drop-off.**

**Admission: Free**

**Team Camps: Located in the weight room at the north corners of the fieldhouse.**

**Implement Weigh-in: All implements will be weighed in at the throwing area prior to the start of their event. Athletes need to bring implements with them when they check-in with the head official.**

**Check-in: For field events, check-in 45 minutes prior to event starting. For track events, check-in 30 minutes prior to event starting. An updated schedule and heat sheets will be emailed to teams prior to arrival with final notes.**

**Clerking: Hip numbers will be located in the northwest corner of the fieldhouse. Please check-in to this location to get hip numbers 30 minutes prior to the start of the event.**

**Results: Live results will be available at** [**www.rapidresultslive.com**](http://www.rapidresultslive.com) **during the meet and will be announced throughout the day in the fieldhouse.**

**Awards: Top three in each event will be awarded with a medal.**

**Late Entries: Late entries will be accepted until Saturday at 8 am. Races will not be seeded until the morning, however, performance lists will be sent out Friday night.**



**MEET SCHEDULE**

**High School then Middle School**

**Running Events:**

8:30 Girls 60 Meter Hurdle – Prelim

8:40 Boys 60 Meter Hurdle – Prelim

8:50 Girls 60 Meter Dash – Prelims

9:15 Boys 60 Meter Dash – Prelims

9:35 Girls Mile

9:55 Boys Mile

10:30 Girls 4 x 200 Meter Relay

10:40 Boys 4 x 200 Meter Relay

10:55 Girls 600

11:10 Boys 600

11:30 – 12:10 Lunch

12:10 Girls 60 Meter Hurdles – Finals

 MS, then HS if enough MS show up

12:15 Boys 60 Meter Hurdles – Finals

 MS, then HS if enough MS show up

12:20 Girls 60 Meter Dash – Finals

 MS, then HS

12:25 Boys 60 Meter Dash – Finals

 MS, then HS

12:30 Girls 400 Meter Dash

1:00 Boys 400 Meter Dash

1:25 Coaches’ Mile

1:35 Girls 3000

1:50 Boys 3000

2:15 Girls 200 Meter Dash

2:55 Boys 200 Meter Dash

3:30 Coaches’ 200

3:35 Girls 1000

3:45 Boys 1000

3:55 Girls 4 x 400

4:15 Boys 4 x 400

**Field Events:**

9:00 Boys High Jump

 4’ 4” start, 2” increments

9:00 Boys Long Jump

 4 jumps, no finals

 open pit for 2 hours

9:00 Girls Pole Vault

9:00 Girls Shot Put

10:00 Girls High Jump

 4’ 0” start, then 2”

10:30 Boys Pole Vault

 (will start when girls finish)

11:00 Boys Shot Put

11:00 Girls Long Jump

 4 jumps, no finals

 open pit for 2 hours

1:00 Boys Triple Jump

 4 jumps, no finals

 open pit for 2 hours

1:00 Girls Triple Jump

 4 jumps, no finals

 open pit for 2 hours

1:00 Girls Weight Throw



**MAP**

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