

***Let’s Get REAL Invitational***

***AAU INDOOR***

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

***February 21, 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 and drink EXCEPT for WATER allowed in the indoor facility. This will be strictly enforced.**

**Warm up / Cool Down: No warming up or cooling down in the mud as it gets tracked in.**

**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. NO parking on the fire road**

**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 finisher in each heat will receive a t-shirt.**



**MEET SCHEDULE**

**High School and Middle School will compete together based on seed times, and then awards will be given based on separate groups.**

**Running Events:**

4:30 Girls 60 Meter Hurdles

4:45 Boys 60 Meter Hurdles

5:00 Girls 3000

5:20 Boys 3000

5:40 Girls 4 x 200 Meter Relay

5:55 Boys 4 x 200 Meter Relay

6:15 Girls Mile

6:30 Boys Mile

6:45 Girls 60 Meter Dash

7:05 Boys 60 Meter Dash

7:35 Girls 400 Meter Dash

7:55 Boys 400 Meter Dash

8:10 Girls 800 Meter Run

8:25 Boys 800 Meter Run

8:40 Coaches’ 800

8:55 Girls 200 Meter Dash

9:10 Boys 200 Meter Dash

9:15 Girls 4 x 400

9:40 Boys 4 x 400

**Field Events:**

4:30 Boys High Jump

4:30 Boys Long Jump

 4 jumps, no finals

4:30 Girls Long Jump

 4 jumps, no finals

4:30 Girls Pole Vault

4:30 Girls Shot Put

we will decide on format when we see the # of entries (either 4 throws, no finals, or 3 trials and top 9 to finals)

6:00 Girls High Jump

6:00 Boys Pole Vault

6:30 Boys Shot Put

we will decide on format when we see the # of entries (either 4 throws, no finals, or 3 prelims and top 9 to finals)

6:30 Boys Triple Jump

 4 jumps, no finals

6:30 Girls Triple Jump

 4 jumps, no finals



**MAP**

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