

Mercury Invitational~State Qualifier



Welcome to the Mercury Invitational, sponsored by Brighton High School on **Friday, March 13th, 2020** at the Brighton High School Track.

State Qualifying: This meet is a state pre-qualifying meet and is sanctioned by CHSAA.

Date: Friday, March 13th 2020 / Entries due 9:59 p.m. (MTN) Wednesday, 3-11-20

Time: 11:00 a.m. Coach's Mtg / 11:30 Field Events / 12:00 Running Events

Site: Brighton High School Stadium & Track (Southern and S. 10th). Buses can drop athletes off at the main north entrance. Coaches, please be prepared to show your CHSAA card/Staff I.D. at the ticket booth if not entering with your team.

Rules: The National Federation Track and Field rules for 2019-2020 and the 2019-2020 CHSSA Track and Field Bulletin will be the official rules of this meet.

Entries: Entries are limited to: three individuals per event and one relay team per relay event + **1 co-ed weightmen's relay (unscored)** for the 4x100 (two boys/two girls—any order placed at the end of the meet). We will have a **BOYS SPRINT MEDLEY**.

Scoring: Eight Places will be scored. (10-8-6-5-4-3-2-1)

Events: All Track and Field events will be run as FINALS for this day. Track events will be run against time. Field events: Horizontal Jumps & Throws competitors will be allowed **four** total trials, replacing the preliminaries and finals format with four jumps or throws with minimum marks to be announced. Vertical jumps will be allowed just **three** total trials.

Awards: Trophies will be awarded to the first and second place boys and girls teams. Medals will be awarded to the top places in each event and ribbons to 2nd - 8th places.

Entry Deadline: **Entries are due by 9:59 PM (MTN) on Wednesday, March 11th 2020.** Entries will be made using CoMileSplit (co.milesplit.com), which will use **FAT times FROM MILESPIT ONLY**. As it is the first meet of the season, no hand times will be accepted.

Contact Info: Karen Smidt, BHS Co-Head Coach / Meet Manager
E-mail: ksmidt@sd27j.net
Phone: 303-655-4209 (school) 303-621-4540 (cell)

Brighton High School
270 South 8th Avenue
Brighton CO 80601

The coach's meeting will take place at 11:00 a.m. in the locker room south of the snack bar. ABSOLUTELY NO additions or substitutions will be permitted. We will accept athlete scratches ONLY the Clerk at the start line.

**Entries are due by 9:59 PM (MTN)
Wednesday, March 11th!**

No additions or substitutions
after this deadline.

Mercury Invitational Schedule

Field Events

11:30 a.m.	<u>Girls</u> High Jump Triple Jump Discus	<u>Boys</u> Shot Put Long Jump Pole Vault
Appx 1:00 p.m.	<u>Girls</u> Shot Put Long Jump Pole Vault	<u>Boys</u> High Jump Triple Jump Discus

All field event competitors must check-in at their event, prior to the event's listed starting time.

The Long Jump, Triple Jump, Pole Vault, Shot Put, and Discus will be run in flights. All horizontal events are finals, and each competitor will be given four attempts, or three in the case of pole vault and high jump.

Shot put and discus weigh-in begins at 10:30 a.m. in between the locker rooms (south of the snackbar). All shot puts and discuses must have a weigh-in mark in order to be used for competition.

The starting height for the High Jump will be slightly below the 8th best incoming jump (TBA the day before the meet). The height will be raised by 2" increments. Athletes will be given three attempts at each height.

Pole Vault weigh-ins will occur at the Southeast Red shed near the Vault. The starting height for the Pole Vault will be slightly below the 8th best incoming jump (TBA the day before the meet). The height will be raised by 6" increments. Athletes will be given three attempts at each height.

Track Events

PAY ATTENTION TO THE CALL FOR EVENTS! **We will roll through all events as quickly and efficiently as possible.**

12:00 p.m.	800m medley relay (G & B) 3200m relay (G & B) 100m hurdles (G) 110m high hurdles (B) 100m dash (G & B) 800m relay (G & B) 1600m run (G & B) – (team's 4 top times will be added together for the 4x1600m relay result) 400m relay (G & B) 400m dash (G & B) (15 minute break *if time permits) 300m low hurdles (G) 300m intermediate hurdles (B) 800m run (G & B) 200m dash (G & B) 3200m run (G & B) 1600m relay (G & B) *400m Weightmen's Co-ed relay (boy, girl, boy, girl)
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All track athletes (only anchors of relays) must report to the table on the north end of the field to obtain a hip number and then **check-in with the clerk** at the staging area prior to their event. All athletes MUST check-in with the clerk prior to their event or they will be scratched. Hip numbers need to be worn on the left hip.

- Athletes will be seeded by submitted times. The heats will run from slow to fast.
- The 400m relay and 800m relay will be run in lanes the entire race. All other relays and distance events will be staggered at the discretion of the starter using USATF rules. The 6400m relay will be scored by adding the top 4 times of each team in the 1600m run.
- A maximum length of 3/16-inch spikes will be allowed.
- Tape may be used sparingly to place marks on the track. Scratching, use of chalk or marker, or inserting objects into the ground is prohibited.
- No food or drink other than water is allowed in the competition area.
- Uniform rules will be enforced. **Athletes may not possess or use electronic devices of any kind in competition areas. This will be strictly enforced.**
- Athletes should remain in the stands or camps unless competing or warming up. Athletes may use the football field to warm-up. **NO PARENTS OR SPECTATORS WILL BE ALLOWED ON THE INFIELD.**
- Coaches may be on the field. There will be designated coaching and filming areas for all field events.
- Admission will be charged: \$5 for adults, \$4 for students.
- Concessions will be provided by the Brighton Booster Club.
- Team scoring will include the top eight places in each event (10-8-6-5-4-3-2-1). Medals will be awarded to the top finisher and ribbons 2nd - 8th in each event. The top two male and female teams overall will receive Team Awards.
- Meet results will be available on the CoMileSplit website.
- Varsity Team entry fee includes 3 individuals per event. Entry fees: \$150 per gender Varsity Team OR \$300 for both boy's and girl's Varsity teams OR \$30.00 per individual AND \$50 extra for Junior Varsity additions. Checks should be made out to Brighton High School TRACK. CHSAA contest contracts must be turned in prior to the meet.

Thanks for attending the 2020 Mercury Invite. Remember, entries are made via CoMilesplit, and the deadline **is Wednesday, March 11th at 9:59 p.m. (MTN)** Feel free to contact me with any questions or concerns:

Meet Manager—Karen Smidt (BHS Head Coach) 303-655-4209 (school) / 303-621-4540 (cell)

Site Director—Ty Gordan (BHS Athletic Director) 303-655-4152