



JUNE 29TH

LET'S GET REAL MIDDLE & HIGH SCHOOL STATE SHOWCASE

ROOSEVELT HIGH SCHOOL
616 N. 2ND ST, JOHNSTOWN, CO 80534

Middle School Meet Schedule

Track Events

9:00am - 100m Girls
9:30am - 100m Boys
10:00am - 100H Girls
10:15am - 100H Boys
10:30am - 1500m Girls
11:00am - 1500m Boys
11:30am - 400m Girls
11:45am - 400m Boys
12:00pm - 200H Girls
12:10pm - 200H Boys
12:15pm - 800m Girls
12:30pm - 800m Boys
12:40pm - 200m Girls
12:50pm - 200m Boys

Field Events

9:30am - Long Jump Boys
9:30am - High Jump Girls
9:30am - Shot Put Boys
11:00am - Long Jump Girls
11:00am - High Jump Boys
11:00am - Shot Put Girls

High School Meet Schedule

Track Events

3:00pm - 100m Girls
3:30pm - 100m Boys
4:00pm - 100H Girls
4:15pm - 110H Boys
4:30pm - 1500 Girls
5:00pm - 1500 Boys
5:30pm - 400m Girls
5:45pm - 400m Boys
6:00pm - 800m Girls
6:15pm - 800m Boys
6:30pm - 200m Girls
6:45pm - 200m Boys
7:00pm - 400H Girls
7:10pm - 400H Boys
7:15pm - 3000m Girls
7:45pm - 3000m Boys

High School Field Events

12:00pm - Pole Vault Girls
2:30pm - Pole Vault Boys
3:00pm - Long Jump Boys
3:00pm - Triple Jump Girls
3:00pm - Shot Put Boys
3:00pm - Discus Girls
4:30pm - High Jump Boys
4:30pm - Long Jump Girls
4:30pm - Triple Jump Boys
4:30pm - Shot Put Girls
4:30pm - Discus Boys
6:00pm - High Jump Boys

REAL
TRAINING

General Information

- Results will be posted on rapid results and Milesplit following the conclusion of the meet.
- Please remember to head to the infield no sooner than 30 minutes before your event starts.
- For each race, female athletes will run first followed by male athletes. Heats will progress from slower to quicker.
- Check in is at the Real Training Tent on the infield area not the timing tent. Please check in when you enter the facilities.
- LJ, TJ, Shot, Discus will be 4 attempts, no finals.
- Entry fee is \$15.00 per event for Track & Field events. For relays, the entry fee is \$20.00 per team. ALL FEES ARE NONREFUNDABLE AND NON-TRANSFERABLE. Teams and INDIVIDUALS MUST pay through the online process.
- LATE ENTRY FEE: Late Entry for Individual events will be \$25.00 per event.
- Please email Coach Mo at mhenriques45@yahoo.com

AAU Information

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.

Due to background screenings, please allow up to 10 days for adult memberships to be processed.

Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Note: any contacts listed within this flyer MUST have a current AAU Membership.