

**5<sup>th</sup> Annual Colorado Flyers Invitational Track Meet**  
**June 6, 2009**  
**Rangeview High School**  
**17599 E. Iliff Ave**  
**Aurora, CO**

**REGISTRATION:** Competition is open to all sanctioned USATF athletes. Registration will be available at 8:00 a.m. the day of the meet. Do to the track having one long jump pit registration for the field event will close at the start of the first field event.

**ENTRY FEE:** \$5.00 per event \$20.00 per relay  
**NO REFUNDS**

**AWARDS:** Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 6<sup>th</sup>

**NOTES:** This track has is an All weather 400 meter track fully automatic timing system  
Events will be contested female/male oldest to youngest.

**TRACK EVENTS**

8:30 3200M  
9:00 80MH  
9:15 100MH  
9:30 110MH  
9:45 4 X 100 M RELAY  
10:00 800M  
10:30 100M  
11:30 LUNCH  
12:00 1600M  
12:30 100M FINAL  
1:00 400M  
2:00 200MH  
2:15 400MH  
2:30 200M  
3:30 1600M RELAY

**FIELD EVENTS**

8:30 Long Jump  
Shot Put  
High Jump  
Triple Jump