

# Utah Distance Challenge

Friday – February 7, 2020 at the Olympic Oval (5662 Cougar Lane, Kearns)

## Schedule:

3:30 pm	Track open for warm-up
4:30 pm	Girls 1600m
5:45 pm	Boys 1600m
7:00 pm	Girls 400m
7:30 pm	Boys 400m
8:00 pm	Girls 800m
8:20 pm	Boys 800m
8:40 pm	Girls 3200m
9:00 pm	Boys 3200m



## Cost:

\$5 per athlete—covers all events (**CASH, CHECK OR VENMO @Antelo**)  
Registration and seeding will take place at the Oval on the day of the meet. **No pre-registration is required.** Spectators (age 15 and older) will be charged \$2. There will be no charge for coaches. Checks should be made out to 'Antelope Racing'.

T-Shirts will be available for \$15.

## Information:

1. We will run the fast heat first in each event. Races will not begin before the scheduled time, but may start late based on the number of participants.
2. 3/16-inch pyramid spikes. The same spikes required two weeks earlier at the UHSTCA Meet. *Spikes may only be worn on the track surface.* Remove your spikes when leaving the track.
3. Athletes need to be at the starting line for check-in 15 minutes prior to their event. The seeding for each event will take place at the starting line.
4. Runners from states other than Utah and 8<sup>th</sup> Graders are invited to participate.
5. The top 6-8 heats of the 400m Dash will be run in lanes with 4 runners per heat. The remaining heats will be waterfall starts with 6-8 runners per heat.

Questions – Contact Markham Hyde (801-721-9157) or [mhyde@dsmail.net](mailto:mhyde@dsmail.net)

Results will be printed at the meet, and will also be posted on

[www.utahdistancechallenge.blogspot.com](http://www.utahdistancechallenge.blogspot.com)

**\*Awards will be presented to the top 3 in each event, courtesy of Salt Lake Running Company.**