Date & Time:

Friday, April 21st at 3pm

Location:

Weber High School

3650 N. 500 W Pleasant View, UT 84414

Teams:

Limited to 8 schools

Teams so far: Bingham, Fremont, Murray, Ogden, Olympus, Skyline, Weber

Meet Information

1. This is a state qualifying meet.
2. There will be a $180 entry fee per school.
3. Entries are due on runnercard on Thursday, April 20th by 12:00 pm (noon).
4. The password to access the event is “warrior2017”.
5. Each team will be allowed to enter 4 athletes per event.
6. There will be a 1st place overall team trophy for both the boys and girls.
7. Starting Heights
   1. High Jump- Boys- 5-04; Girls- 4-04
   2. Pole Vault- Boys- 8-06; Girls- 6-00
8. All running events will be a timed final. Lane assignments will be determined by times submitted.
9. Athletes must report to their event at first call. For running events, they must report to the bull pen located on the infield, by the event starting line.
10. Athletes may warm up on the infield to the east of the Discus sector. Please make your athletes aware that we will have two Javelin sectors. They are both located on the practice field to the west of the stadium. Athletes are not allowed in the flagged areas.

Event schedule (we will run through the events as quickly as possible)

2:30pm- Coaches Meeting

Field Events

3:00- Boys Shot Put/Girls to follow

3:00- Girls Javelin (practice field throwing west)

3:00- Boys Javelin (practice field throwing east)

3:00- Girls Discus/Boys to follow

3:00- Boys High Jump/Girls to follow

3:00- Boys Long jump/Girls to follow

3:00- Girls Pole-vault/Boys to follow

Track Order of Events (Girls will run first in each event)

100m/110m Hurdles

100m Dash

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

Medley Relay

200m Dash

3200m Run

4x400m Relay