



Davis High School

****hosted by Layton High School coaches and athletes**

May 13th @ 4:00PM

Order of TRACK Events

4:00PM. 3000M run-ages 11 & older
60M hurdles-ages 10 & under
80M hurdles-ages 11-12
100M hurdles-ages 13 & older
100M dash
1500M run
400M dash
4 x 100M relay
800M run
200M dash
4 x 400M relay

FIELD Events (open pit *except High Jump)

4:00-6:00PM. Long Jump: 10 and under
4:00-6:00PM. Shot Put: ages 10 and under
4:00-6:00PM Javelin: ages 11 and older
4:00-6:00PM High Jump: - session #1 (The bar will begin at 3'2" for both sessions of HJ. Choose which session will work best for your athlete's schedule.)

6:00-8:00PM. Long Jump: ages 11 and older
6:00-8:00PM. Shot Put: ages 11 and older
6:00-8:00PM. Javelin: ages 10 and younger

6:00-8:00PM. High Jump: - session #2 (The bar will begin at 3'2" for both sessions of HJ. Choose which session will work best for your athlete's schedule.)

PLEASE NOTE:

- *This is a rolling schedule. We will move ahead whenever possible.
- *Please get a bib sticker from your coach before your first event.
- *At first call, make your way to the starting line to check-in.
- *In all running events, the youngest will go first and girls will be followed by boys.
- *"Open pit" means that you may get your marks at any time during the time frame as long as you are in that age division.
- *We will end the meet with a coaches/parents/family 4x400M division! Please email jami.caldwell@gmail.com if interested!
- *The infield will be primarily closed to everyone except athletes, officials and volunteers.

REGISTRATION:

- Registration will be done through runnercard and will open Monday, May 9th
- All athletes must register ahead of time, registration will close at 5:00PM on Friday, May 26th.
- We will NOT have day of registration
- Cost of meet is \$5/event
- Coaches must register their relay teams

RUNNERCARD REGISTRATION INSTRUCTIONS:

- You will need to complete your registration by the registration deadline. (no exceptions).
- Find the meet on Runnercard [HERE](#).
- At the top there is a Register button (click that)
- On the left side there is an Individuals section. You will click on Individual Signup even if you are on a team (you will be able to choose your team later).
- DO NOT CREATE AN ACCOUNT (this is for coaches only in order to register relay teams).
- You will then click on Agree to the Liability Waiver.
- Fill out your Athlete's Name
- Then fill in their birthdate (the rest of that section is optional)
- Under Team Affiliation just click on Unattached or Team but leave the team field blank.
- Under Questions it will allow you to select your team if you are on one.
- Select the events your athlete will compete in (please choose the right gender and age division (according to chart below)). Please choose the correct age division - remember it is not always their current age, but based on the year they were born:

Year of Birth Age Division

born 2014+: 8 & Under
born 2012-2013: 9-10
born 2010-2011: 11-12
born 2008-2009: 13-14
born 2006-2007 15-16

- You do not need to register for relays. If you are planning on running in a relay talk to your coach they will register those.
- Click next and either add other athletes or complete the payment process.
- ****Coaches:** for relays we need you to create a team account if you don't already have one. This can be done on the right side of the main page. Then you will login under teams after you click Register. A meet access code will be emailed to you. Don't share the meet access code with anyone who is not a coach. Please only

enter relays into the meet not individuals as they will do that themselves. If you have questions about this process contact Nelson @ (385) 207-8378.