2018 UHSTCA Outdoor Invitational

Copper Hills High School

State Qualifying Track & Field Invitational

March 24, 2017

Entry Fee: $4.00 per athlete per event and $16.00 for each relay

($75.00 maximum per team or $150.00 maximum per school)

$2.00 per spectator. Coach’s passes will be accepted.

Awards: Medals will be given to the top six finishers in individual events

as well as to the top finisher in relays.

Team trophies will be given to the meet champions and runners-up.

Surface: Rubberized track, please use only ¼” (or shorter) pyramid spikes. Shot Put and Discus rings are concrete. Javelin runway is grass. Pole Vault, High Jump and Long Jump runways are Rubberized Surface.

General Meet Information:

1. Enter all athletes on runnercard.com by March 23rd at 1:00 pm. Athletes must check in prior to all events and will receive heat and lane assignments in the bullpen. Field event athletes must check in with the event judge.
2. All throwing implements will be weighed and certified according to the NFSHA rules. Javelins must be the IAAF approved Javelin.
3. Flash timing system will be used for all races (timed finals).
4. Track events will be run with the fastest heat first.
5. Individuals are limited to four events. Schools are limited to 60 entries per team. Submit realistic times for appropriate heat placements for athletes. Please don’t enter runners who will be out of place trailing the slowest heat.
6. Throwers and Jumpers will be allowed three tries (top nine to finals).
7. Schools should dress prior to arrival. Locker rooms will not be available.
8. Please only enter athletes with a realistic chance of meeting minimum marks or opening heights in the field events. Minimum marks measured will be set at:

Girls Boys

Discus 75’ 100’

Javelin 65’ 110’

Shot Put 25’ 35’

Long Jump 13’ 18’

1. The crossbars for the High Jump and Pole Vault will be raised as follows:

Girls HJ - 4’6, raised two inches until 5’ 6 then 1 “

Boys HJ - 5’6, raised two inches until 6’ 6 then 1”

Girls Pole Vault – 7’ then raised 6” Boys 9’ then raised 6” to 14’ then 3”

1. Questions should be directed to Scott Stucki – [scott.stucki@gmail.com](mailto:scott.stucki@gmail.com)

**Order of Events - (Girls will compete first in all running events)**

8:00 am Morning weigh-in 11:00 am Afternoon weigh-in

8:45 am Coaches meeting

Running Events Field Events

9:00 am 9:00 am

4 X 800m Relay Girl’s Javelin

100m /110m Hurdles Boy’s High Jump

100 m Dash Girl’s Long Jump

1600m Run Girl’s Shot Put

4 X 100 m Relay Boys’ Discus

400 m Dash Pole Vault

300 m Hurdles 12:00 pm

800 m Run Boy’s Javelin

Medley Relay Girl’s Discus

200 m Dash Girl’s High Jump

3200 m Run Boy’s Long Jump

4 X 400 m Relay Boy’s Shot Put