Snow Canyon Invitational

State Qualifying Meet

Start Times: Friday March 10th, 2023 @ 1:00 PM

Saturday March 11th, 2023 @ 9:00 AM

Place: Snow Canyon High School Track

1385 Lava Flow Drive, St. George, UT

Awards: Medals for top 8 finishers per event and Top 3 relays

Cost:$100 per team/$200 for both or $10 per individual (least expensive)

Registration: Registration will be online through [www.runnercard.com](file:///E:\Track%20and%20Field\Race%20and%20Meet%20Info\www.runnercard.com). **Deadline for entries is Thursday, March 9th, 2023 @ 11:59 pm.** Please submit legitimate times and marks for all events. **Sorry, we are unable to make race day registration changes.**

\*8 participants per team per event. Each athlete is allowed 4 events.

Scoring: Top 8 Places (10,8,6,5,4,3,2,1)

**The Snow Canyon Invitational has typically been one of the state’s fastest early season qualifying meets and has featured some very competitive track & field athletes. With our NEW state of the art track we look forward to having another excellent meet this year. We will be contesting the 4X200 and 4X800 for ALL 4A-6A schools. The Medley Relay will be contested for ALL 1A-3A schools.**

Contact Info: Justin Redfearn (435)216-2101 or justin.redfearn@washk12.org

**Snow Canyon Invitational**

**March 10 & 11, 2023**

**-Schedule of Events-**

**This meet has a rolling schedule, so please listen for the announcer.**

**Friday, March 10th**

1:00 PM 1600 M Girls Fast Heat **Finals**

1600 M Boys Fast Heat **Finals**

1600 M Girls Heat **Finals**

1600 M Boys Heat **Finals**

100 M Hurdles Girls Trials

110 M Hurdles Boys Trials

100 M Girls Trials

100 M Boys Trials

400 M Girls Trials

400 M Boys Trials

300 M Hurdles Girls Trials

300 M Hurdles Boys Trials

200 M Girls Trials

200 M Boys Trials

4X800 M Girls **Finals**

4X800 M Boys **Finals**

**Girls** Medley **Finals** 1A-3A

**Boys** Medley **Finals 1A-3A**

**Saturday March 11th (All Finals)**

9:00 AM 3200 M Girls Fast Heat **Finals**

3200 M Boys Fast Heat **Finals**

3200 M Girls Heat **Finals**

3200 M Boys Heat **Finals**

100 M Hurdles Girls

110 M Hurdles Boys

100 M Girls

100 M Boys

4X100 Girls

4X100 Boys

400 M Girls

400 M Boys

300 M Hurdles Girls

300 M Hurdles Boys

4X200 Girls **Finals**

4X200 Boys **Finals**

800 M Girls Fast Heat **Finals**

800 M Boys Fast Heat **Finals**

800 M Girls Heat **Finals**

800 M Boys Heat **Finals**

200 M Girls

200 M Boys

4X400 Relay Girls

4X400 Relay Boys

**Friday, March 10th**

1:00 PM Girls Javelin (Min-70’0”)

1:00 PM Girls Discus (Min-60’0”)

1:00 PM Boys Shot Put (Min-30’0”)

1:00 PM Girls Long Jump (Start-12’0”)

1:00 PM Boys High Jump (Min-5’0”)

**Saturday March 11th**

9:00 AM Boys Javelin (Min-100’0”)

9:00 AM Boys Discus (Min-75’0”)

9:00 AM Girls Shot Put (Min-20’0”)

9:00 AM Boys Long Jump (Start-17’0”)

9:00 AM Girls High Jump (Min-4’0”)