

1st Annual Eastern Utah Championship Big Red Championship

- Date:** Saturday, April 27, 2013 9:00 AM
- Who:** All 1A-5A track teams from Eastern Utah, Others are welcome
- Where:** Uintah High School – Vernal, Utah
- Awards:** Individual medals for top six places, Relay awards for top 3 teams, and a traveling Team Championship trophy for the top Boys & Girls team.
- Cost:** \$50.00 per team \$100.00 for both or 5.00 per athlete
Registration: Due Friday April 26, 2012, 8:00 pm No exceptions
- Web Site:** Registration will be online at www.runnercard.com; please submit times for all running events (if a time is not submitted they will not be in the fast heat).

E-mail or call us with any questions:

richard.henderson@uintah.net 435-528-0451

cathy.heaton@uintah.net 435-790-5023

vernalrunningclub@gmail.com

*We will allow 5 entries per event and this year we will not be allowing any B teams.

Coaches,

We are excited to be hosting the 1st annual Eastern Utah Championship. Our hope is that this will be an ongoing tradition and that each year we can continue growing the Championship series. We have opted to provide a Championship trophy that will follow the team each year as they win the Championship. We are excited to have the location in Vernal and hope that others will want the opportunity to host in the following years. We look forward to seeing all of you there.

Thank you.
Sincerely,

Richard Henderson
Uintah Boys Track Coach

Cathy Heaton
Uintah Girls Track Coach

Big Red Championship 2013

Schedule of Events

Saturday April 27, 2013

There will be a Coaches Meeting @ 8:00 AM.

Boys will follow Girls in all running events
All Running Events will be Timed Finals!

All Field Events will have 3 Attempts
Top 9 Advance to Finals

RUNNING EVENTS (Morning 9:00 AM)

FIELD EVENTS (Morning 9:00 AM)

1600 Medley Relay
100 Hurdles
110 Hurdles
100 Meter
1600 Meters
4x100 meter Relay

Girls Long Jump (min 10')
Girls Shot Put (min 20')
Boys Discus(min 75')
Boys Javelin (min 100')
Boys High Jump (5')

Lunch Break

Lunch Break

RUNNING EVENTS (All Finals)

FIELD EVENTS (Afternoon)

400 Meters
300 Meter Hurdles
800 Meters
200 Meters
3200 Meters
4x400 Meter Relay

Girls High Jump (min 4')
Girls Discus(min 60')
Girls Javelin (min 70')
Boys Shot Put (min 30')
Boys Long Jump (16')

****Limits****

5 Entries per event per school

4 Events per athlete