

5th Annual

Tiger Trials Invitational

Location: Orem High School

Date: Saturday April 25th, 2015

Gender: Male and Female

Meet Entry: Up to 4 athletes for lane and field events and 5 for distance (800 and up).

Each athlete can compete in up to 4 events.

Entry Fee: $80.00 per Gender ($160.00 combined for Boys and Girls). Please MAIL your entry Fee prior to the meet. You can also contact our Finance office to pay via credit card. Pay Team Fee or $10.00 per individual event, $20 for Relay. NO refunds.

Mail Checks to: Orem High School 175 S 400 E Orem, UT 84097

Registration: Registration will be on www.Runnercard.com

Registration Info: REGISTRATION WILL CLOSE. April 23rd, 2014 at Midnight!

No changes or late entries on day of meet (Please plan ahead)

Due to this being timed finals, please enter FAT marks from 2015 Outdoor track Season to use for seeding purposes. This will help the meet run smoothly.

To Declare your team you must have AT LEAST one athlete registered and in the system before April 18th. After the 18th you will need to email coach Jacobs for the pass-code. Final Changes & Registration deadline will be Midnight Thursday April 23rd.

PLEASE DON’T REGISTER ATHLETES THAT YOU DON’T PLAN ON RUNNING. PLEASE BE EXACT ON YOUR REGISTRATION. DON’T MAKE DECISIONS AT THE MEET.

**Meet Director Contact Information:**

Name: Andrew Jacobs

Cell Phone: 801-358-3333

Email: oremcrosscountry@gmail.com

* All heats and races will be formed prior to the meet. You will receive a copy of the heat sheets in your coach’s packet.
* All track races will be timed finals with the fastest “Seeded” athletes in the final heat. Field events will be seeded with top athletes competing in final flights.
* All throwing events and long jump will get 3 Trial attempts; Top 9 athletes will have 3 additional attempts in finals.

**2015 Tiger Trials – Schedule of Events**

**Girls Followed by Boys unless notes**

\*\* All events will go slowest to fastest

\*\*\* **We will roll the schedule if possible**\*\*\*

PLEASE LISTEN TO THE ANNOUNCER

|  |  |  |
| --- | --- | --- |
| 7:30 AM | Weigh Master - Implements | |
| 8:00 AM | Coaches Meeting – Finish Line | |
| 8:30 AM | 1600 Meter |  |
| 9:00 AM | 100/110 Hurdles | Girls Shot |
|  | 100 Meter | Boys HJ |
|  | \*\*National Anthem\*\* | Girls LJ |
|  | 4x100 Relay | Girls Javelin |
|  | 400 Meter | Boys Disc |
|  | 300 M. Hurdles |  |
| 12:00 PM | \*\*Morning awards\*\* | Boys Shot |
|  | 800 Meter | Girls HJ |
|  | Medley Relay | Boys LJ |
|  | 200 Meter Dash | Boys Javelin |
|  | 3200 Meter | Girls Disc |
|  | 4x400 Relay |  |

**Minimum Marks for Field Events**

Shot 27’ Girls

37’ Boys

Discus 75’ Girls

100’ Boys

Javelin 80’ Girls

115’ Boys

Long Jump 13’ Girls

17’ Boys

**The crossbars for the High School**

High Jump will be raised:

**Girls HJ** - 4'06", 4'08", 4’09”, 4’11”, 5' 01", 5' 02", 5' 03" one inch thereafter.

**Boys HJ** - 5' 06", 5’08”, 5' 10" 5' 11", 6' 00", 6’01”, 6' 02" one inch thereafter.