



TRACK AND FIELD AND CROSS COUNTRY

The Utah Tech Invitational

Friday-Saturday, March 10- March 11, 2023
Greater Zion Stadium – St George, Utah

MEET ENTRY AND INFORMATION

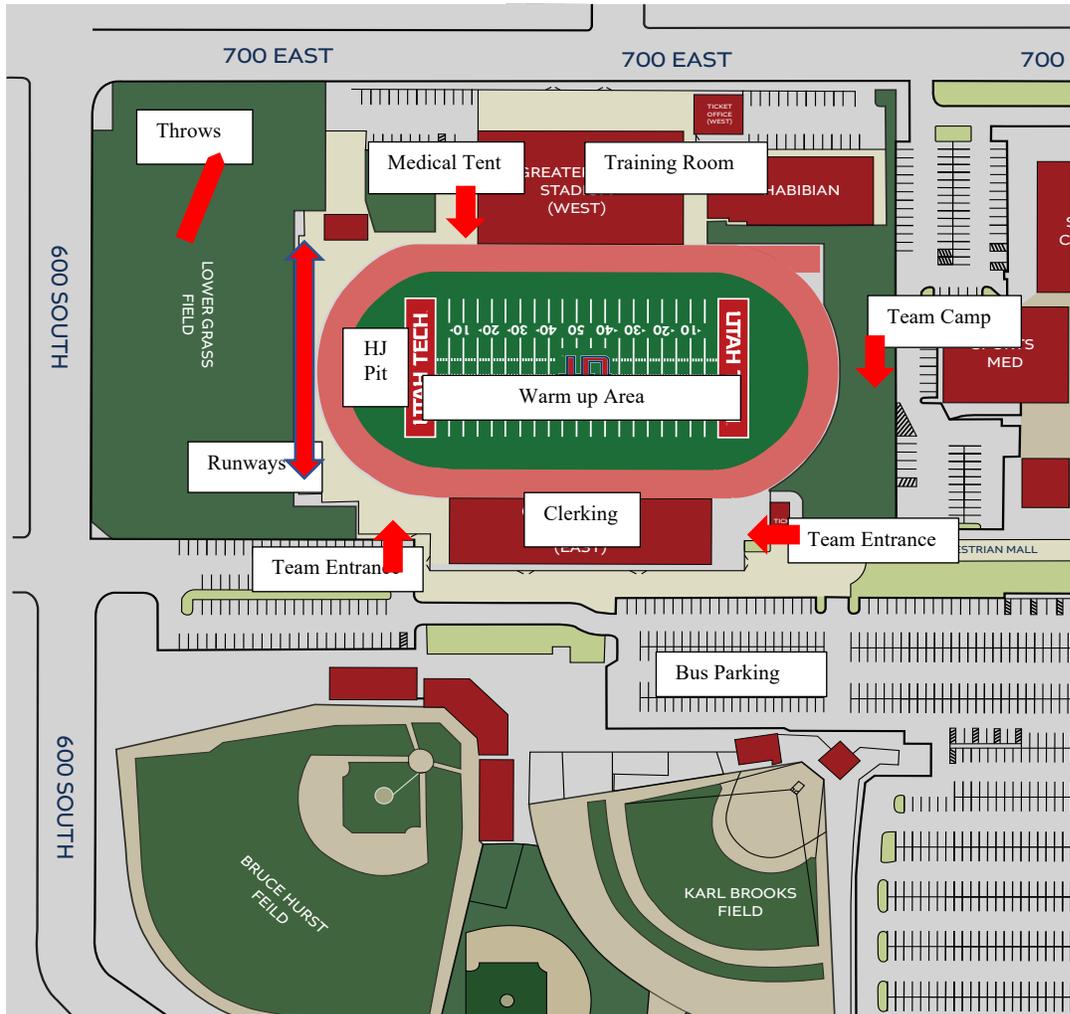
MEET DIRECTOR'S

Daniel Wines
Assistant Athletic Director of Events, Game Operations and Facilities
Email: daniel.wines@utahtech.edu

Derrick Atkins OLY
Head Women's Track and Field Coach
Email: Derrick.atkins@utahtech.edu

Greater Zion Stadium – St George, Utah
Address: 501 S 700 E #551, St. George, UT 84770

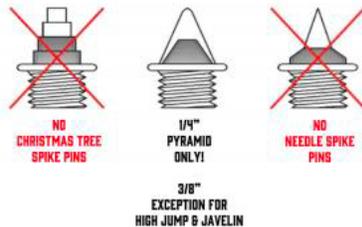
Facility: Information about the track and stadium (Add Pictures of track]



Spikes:

The maximum allowable spike length on our facility is 1/4" pyramid spikes. The only exception is 3/8" pyramids will be allowed for javelin and high jump. No Christmas tree, needle or permanent spikes of any size will be allowed.

PLEASE 1/4" PYRAMIDS ONLY! Spike checks will be conducted for all running events at the Clerk of the Course.



Entry Procedures:

All entries are due by **Wednesday, March 8th, 2023 at 5:00 p.m. Through Runnerscard, No unattached athletes will be allowed.** TFRRS marks from the 2022 Indoor/Outdoor seasons will be accepted. Placement in heats/flights will be at the discretion of the meet management staff. If an athlete does not have a TFRRS mark, they must enter a time that can be verified online.

Entry Fees:

\$250 per gender (\$500 for a full team). Individual entry's \$15 per event or relay Interested teams should email the Head Coach Derrick Atkins derrick.atkins@utahtech.edu. No outside unattached athletes or Clubs will be accepted (Just for this Year). Payment can be made online prior to competition through Runitgreen or a checks will be accepted at meet.

<https://www.runitgreen.com/utah-tech-invitational-payment>

SCHEDULE: Final schedule will be determined by entries. If there are multiple sections of an event, the best section will compete last.

SCORING: This is a non-scoring competition

RESULTS: Runitgreen / Runnerscard

Implement Weigh-In

Throwing implements must be weighed-in at the Weights and Measures will be available from 1:00-3:30PM @ East Side of the Stadium under bleacher.

Clerk of the Course:

Athletes should check in a minimum of 15 minutes prior to the event. Check-in for all running events will take place at the East Side of the Stadium under bleacher. Field events will check in at the event.

Spectator Information

Free admission for all spectators on Friday and Saturday.
Concessions will be on Southwest of Stadium.

WARM UP:

Warm will be done on East side of Infield. Hurdles will be provided for hurdle mobility. NO hurdle Mobility drills done on Straightaways.

Team Camps:

North side of the Stadium in Grassy area. Each team will be provided Water and Cooler with Ice.

Key Contacts

Meet Directors:

Daniel Wines

Assistant Athletic Director of Events, Game Operations and Facilities

Email: daniel.wines@utahtech.edu

Derrick Atkins OLY

Head Women's Track and Field Coach

Email: Derrick.atkins@utahtech.edu

Sports Medicine:

Kelby Hofheins

Head Athletic Trainer

Email: kelby.hofheins@utahtech.edu

Maryah Tipping:

Track and field Athletic Trainer

Email: maryah.tipping@utahtech.edu

Sports Information:

Steve Johnson

Associate Athletic Director of Media Relations

steve.johnson@utahtech.edu

PRELIMINARY MEET SCHEDULE

Utah Tech Invitation

FRIDAY, MARCH 10, 2023

Weights and Measures will be available from 1:00-3:30PM @ East Side of the Stadium under bleacher.

Field Events:

4:00 PM	Discus	Women, followed by Men
4:00 PM	Shot Put	Men, followed by Women
4:00 PM	Long Jump	Women, followed by Men
5:00 PM	High Jump	Women, Followed by Men

Running Events:

6:00 pm	Women's 3000m Steeplechase	
6:25 pm	Men's 3000m Steeplechase	
7:00 PM	5000m	Women Followed by Men

SATURDAY, MARCH 11th, 2023

Weights and Measures will be available from 8:00-9:30AM @ East Side of the Stadium under bleacher.

Field Events:

10:00 AM	Javelin	Women, followed by Men
10:00 AM	Triple Jump	Women, followed by Men
10:30 AM	National Anthem	

Running Events:

10:35 am Senior Recognition

11:00 am Women's 4x100m Relay
11:05 am Men's 4x100m Relay
11:10 am Women's 1500m Run
11:20 am Men's 1500m Run
11:30 am Women's 100m Hurdles
11:45 am Men's 110m Hurdles
11:55 am Women's 400m Dash
12:05 pm Men's 400m Dash
12:15 pm Women's 100m Dash
12:25 pm Men's 100m Dash
12:35 pm Women's 800m Run
12:45 pm Men's 800m Run
12:55 pm Women's 400m Hurdles
1:10 pm Men's 400m Hurdles
1:15 pm Women's 200m Dash
1:25 pm Men's 200m Dash
1:30 pm Women's 3000m
1:40 pm Men's 3000m
1:50 pm Women's 4x400m Relay
2:00 pm Men's 4x400m Relay