



# Cedar Invitational

State Qualifying Track & Field Invitational

May 7, 2016

- Where: Cedar High School – Cedar City, UT.
- Who: All 1A – 5A Schools.
- Time: This will be a one-day meet starting a 9:00am and following a strict time schedule. See schedule below.
- Awards: Medals will be given to the top three finishers in individual events and top finisher in relays. Team trophies will be given to the meet champions.
- Cost: \$50.00 per team, \$100 for both or \$5.00 per athlete.
- Registration: Due Wednesday May 4<sup>th</sup>, 8:00pm – No exceptions. Registration will be online at [www.runnercard.com](http://www.runnercard.com). All entries must have a current time, distance or height.
- Entries Unlimited entries per team, four events per athlete and one relay team per team.
- Marks: Please do not enter athletes if they have not met the minimum mark.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100m	13.26	15.11
100mH		20.19
110mH	19.68	
200m	26.92	31.67
300mH	49.07	57.69
400m	58.36	1:12.00
800m	2:23.00	3:05.00
1600m	5:30.00	6:32.00
3200m	11:50.00	14:25.00
Discus	90-00	75-00
Long Jump	17-00	13-00
High Jump	4-10	4-4
Javelin	105-00	60-00
Shot Put	34-00	24-00

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

Question: Please email or call me at: [james.davidson@ironmail.org](mailto:james.davidson@ironmail.org) 435-586-2820

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## Track & Field Schedule

<u>Time</u>	<u>Running Events</u>	<u>Time</u>	<u>Field Events</u>
9:00 AM	Girls 1600 Meter Run	9:00 AM	Girls Long Jump
9:14 AM	Boys 1600 Meter Run		Girls Shot Put
9:26 AM	Girls 100 Meter Dash		Girls Javelin
9:42 AM	Boys 100 Meter Dash		Boys High Jump
9:58 AM	Girls 1600 Meter Medley Relay		Boys Discus
10:04 AM	Boys 1600 Meter Medley Relay		
10:09 AM	Girls 400 Meter Dash		
10:25 AM	Boys 400 Meter Dash		
10:41 AM	Girls 100 Meter Hurdle		
10:53 AM	Boys 110 Meter Hurdle		
11:05 AM	Girls 4x100 Meter Relay		
11:10 AM	Boys 4x100 Meter Relay		
11:15 AM	Girls 800 Meter Run		
11:25 AM	Boys 800 Meter Run	11:30 AM	Boys Lung Jump
11:35 AM	Girls 200 Meter Dash		Boys Shot Put
11:51 AM	Boys 200 Meter Dash		Boys Javelin
12:07 PM	Girls 300 Meter Hurdle		Girls High Jump
12:19 PM	Boys 300 Meter Hurdle		Girls Discus
12:31 PM	Girls 3200 Meter Run		
1:01 PM	Boys 3200 Meter Run		
1:25 PM	Girls 4x400 Meter Relay		
1:31 PM	Boys 4x400 Meter Relay		

Times are subject to change base on entries