



# Cedar High Pizza Hut Invitational

State Qualifying Track & Field Invitational

April 26 & 27, 2019

- Where: Cedar High School  
703 West 600 South, Cedar City, UT
- Who: All 1A - 5A Schools.
- Time: Friday, April 26<sup>th</sup> - 3:00 PM  
Saturday, April 27<sup>th</sup> - 9:00 AM
- 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: \$75.00 per team, \$140 for both or \$5.00 per athlete.
- Registration: Registration will be online at [www.runnercard.com](http://www.runnercard.com). **Deadline for entries will be Thursday, April 25, 2019 at 8:00 PM.** Please submit legitimate times and marks for all events. Sorry, we are unable to make race day registration changes.
- Entries: Six entries per team, four events per athlete and two relays team per team.
- Scoring: Top 8 places: 10, 8, 6, 5, 4, 3, 2, 1
- General Info: All contestants shall check-in at the bullpen for their events.  
All running events will be run girls followed by boys.  
Races greater than 800 meter will be started in alleys.  
4x400 meter relay will be run with a three turn stagger.  
Rubberized track, please use only 1/4" (or shorter) pyramid spikes. Shot Put and Discus rings are concrete. Javelin runway is grass. High Jump and Long Jump runways are Rubberized Surface.  
\*The Javelin and Discus will be contested on the infield, therefore the infield will be closed\*
- Contact Info: James Davidson: [james.davidson@ironmail.org](mailto:james.davidson@ironmail.org) or 435-586-2820

# Cedar Invitational

## Schedule of Events

Friday, April 26<sup>th</sup>, 2019

Starts at 3:00 PM Trials

### Running Events:

1600 M Run Finals

100 M Hurdles

110 M Hurdles

100 M Dash

400 M Dash

300 M Hurdles

1600 M Medley Relay

200 M Dash

Starts at 3:30 PM

### Field Events:

Boys Javelin (100 ft. minimum)

Boys Shot (30 ft. minimum)

Boys Long Jump (15 ft. minimum)

Girls Discus (60 ft. minimum)

Girls High Jump (starts at 4'0")

Saturday, April 27<sup>th</sup>, 2019

Starts 9:00 AM Finals

### Running Events:

3200 M Run

100 M Hurdles

110 M Hurdles

100 M Dash

400 M Relay

400 M Dash

300 M Hurdles

800 M Run

200 M Dash

1600 M Relay

### Field Events:

Sorry No Pole vault facilities

Boys High Jump (starts at 5'0")

Boys Discus (75 ft. minimum)

Girls Long Jump (10 ft. minimum)

Girls Shot (20 ft. minimum)

Girls Javelin (60 ft. minimum)

\* All running events will be run girls followed by boys.

\*\* Once all entries are done a time schedule will be created for events and heats.