

Cedar Invitational

State Qualifying Track & Field Invitational

April 24, 2021

Entries will be done through www.runnercard.com. Please make sure runnercard emails are correct and up to date. Meet info can be found at www.chstfcc.weebly.com. Also, note the entry deadline date: 10:00 pm on Tuesday, April 20th

1. This year the meet will be held on one day (Saturday, April 24) with no trials, only finals. We will begin the track events at 9:00 am and the field events at 9:30 am. Teams will be allowed to enter five (5) athletes per event.
2. The meet is open to athletes of all classifications. Our goal is to provide an opportunity for the best athletes in Utah to meet in head-to-head competition. It is a state qualifying meet for all classifications.
3. Each event will have a maximum limit of 64 entrants.
4. The afternoon Invited Session will consist of a one heat/flight final with only the top eight (8) times in the lane and relay events, and top ten (10-20) entrants in all other events. An alternate will be named for all invited events that are run in lanes to ensure a complete field.
5. The morning or Open Session will be limited to the next 44-56 top athletes entered depending on the event.
6. Relays will be spread through open and invited sessions. Teams are allowed one (1) relay team per gender per relay race. Relay athletes and alternates must be listed. Relays that will be contested; 4x100m, 4x200m, 4x400m, 4x800m, 1600m Medley.
7. All seed marks used to qualify must come from state qualifying meets in Utah this year.
8. Athletes may compete in both the Open and Invited sessions, but not in the same event (unless as an alternate moved into the Invited Session). Athletes are limited to four (4) total events, combining Open and Invited sessions.
9. If an athlete's mark qualifies them for the Invited Session, we want them to compete in the Invited Session. We want all quality athletes in the Invited and we want to give the marginal athlete in the Open a legitimate chance of medaling.
10. Medals will be awarded to the top three finishers (top relay) in the Open Session. Custom medals will be awarded to the top three finishers (top relay) in the Invited Session. T-shirts will also be given to the winning athletes in the Invited Session.
11. There will be no team awards.
12. General meet information
 - All contestants shall check-in at the bullpen for their events.

- All running events will be run girls followed by boys.
- Races greater than 400 meter will be started in alleys.
- 4x400 meter relay will be run with a three-turn stagger.
- Rubberized track, please use only ¼" (or shorter) 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

13. All entries are due 10:00 pm, Tuesday, April 20. No Late Entries will be accepted.

14. Entries will be made on runnercard.com. Invited and Open Heats will be emailed through the runnercard email list for the meet and will be posted on www.chstfcc.weebly.com Wednesday, April 21. Adjustments in the Open and Invited Heats can be made until 10:00 pm on Wednesday, April 21.

15. Cost: \$80.00 per team, \$150 for both or \$5.00 per athlete.

16. Entry fees can be paid at the coaches meeting. (No Cash) Invoices will be available. Checks can also be sent in after the invitational.

17. Cedar Invitational T-Shirts will be sold for \$10.

18. There will be a coaches meeting held at 8:30 at the bull pen

All Information can also be found at www.chstfcc.weebly.com

Send entry fees and direct questions to:

James Davidson

Cedar High School

703 West 600 South

Cedar City, UT 84730

Phone: 435-586-2820

e-mail: james.davidson@ironmail.org

Deadlines

Tuesday, April 20 at 10:00 pm - Entries Due

Wednesday, April 21 - Accepted Entries Posted

Wednesday, April 21 until 10:00 pm – Adjustments can be made to Open or Invited Heats and Deadline to Drop Athletes without being charged.

Cedar Invitational

Order of Events

Track Events

Open Session

1600 Medley relay

100/110 Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

Invite Session

4x800m Relay

100/110 Hurdles

100m Dash

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

Field Events

Open Session

Girls High Jump

Girls Discus

Boys Long Jump

Boys Shot Put

Boys Javelin

Boys High Jump

Boys Discus

Girls Long Jump

Girls Shot Put

Girls Javelin

Invite Session

Boys Long Jump

Boys Discus

Girls Shot Put

Girls Javelin

Girls Long Jump

Girls Discus

Boys Shot Put

Boys Javelin

Field Event Minimums

Girls High Jump - starts at 4'2"

Girls Long Jump - 12 ft.

Girls Shot - 22 ft.

Girls Discus - 65 ft.

Girls Javelin - 75 ft.

Boys High Jump - starts at 5'2"

Boys Long Jump - 16 ft.

Boys Shot - 32 ft.

Boys Discus - 90 ft.

Boys Javelin - 105 ft.