

Uintah Invitational

Schedule of Events

4/8/2017

- 1600 Medley
- 100 hurdles
- 110 hurdles
- 100
- 1600
- 4 x 100
- 400
- 300 hurdles
- 800
- 200
- 3200
- 4 x400

Field Events will include shot put, discus, high jump, long jump, and javelin.

We will start with girls' discus, javelin and long jump; and boys' shot put, high jump. We will expect the teams to assist with one of the field events.

Suggested marks: Discus- 85' & 65', Shot- 20' & 30', Javelin- 95' & 70', LJ- 17' & 13', HJ- 5' & 4' (Starting Height)

****Only 5 entries per event per school, 4 events per athlete**