2023

Dixie Invitational Track and Field Meet

**Date:** Friday, April 21 3:00 pm

 Saturday, April 22 9:00 am

**Who:** 1A-6A Track teams

**Where:** Dixie High School—St. George, Utah

 350 East 700 South

**Awards:** **Custom Medals 1st through 6th places in individual events and 1st place in relays.**

**Cost:** $100 for boys team, $100 for girls team or $10 per individual.

**Registration:** Closes Thursday night, April 21, 10:00 pm

Five athletes per event per team. Each school may enter one team in each relay race (no B-teams for relays or open events).

**Website:** Register your athletes at [www.runnercard.com](http://www.runnercard.com) before 10:00 pm on April 20th.

**Questions:** Email or call if you have any questions:

 Greg Butterfield greg.butterfield@washk12.org 435-592-2685

Paul Durrant paul.durrant@washk12.org 435-669-7247

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**Schedule of events:** Girls followed by Boys in all running events. The order of the distance races will be: seeded girls, seeded boys, girls (fast to slow), boys (fast to slow). Box ally start for all distance races.

# Friday 4/21 (3:00 pm prelims) Field events

1600 m **(Final-fast to slow)** Boys Shot(30 ft min)

100/110 m Hurdles Boys Javelin (100 ft min)

100 m Girls High Jump (4-02 starting height)

400 m Boys Long Jump (15 ft min)

300 Hurdles Girls Discus (60 ft min)

200 m

4 X 800 Meter Relay

1600 m Medley Relay

**Saturday 4/22 (9:00am) Finals**

3200 m **(Final-fast to slow)** Girls Shot (20 ft min)

100/110 m Hurdles Girls Javelin (70 ft min)

100m Girls Long Jump (11 ft min) 400 m Relay Boys Discus (80 ft min)

400 m Boys High Jump (5 ft Starting height)

4 X 200 Meter Relay

300 m Hurdles

800 m

200 m

1600 m Relay