

**2019 UHSTCA Invitational Championships**  
**January 25th & 26th @ the Olympic Ice Oval**  
**5662 South 4800 West Cougar Lane**

**DIRECTIONS:** Take I-215 south to 4700 south. Go west on 4700 south to Bangerter Highway. Turn left on Bangerter and go south to 5300 south. Take a right on 5300 and go west to 4800 west. Take a left on 4800 west (Cougar Lane). The Olympic Ice Oval is on the west side of the road. You really can't miss it.

1. The cost to enter the meet is \$4 per athlete per event if paid online. Relays will be \$16. Individuals must pay online. Team payments will be accepted at the meet. (If coaches collect all the fees it's \$4 per event, if we collect the fees it will be \$5 per event. **Registration will be done at Runnercard.com. Registration will close at Midnight on Wed. January 23rd.** Late Registration day of the meet will be \$10 for EACH EVENT (late registration will not guarantee seeding spots by time – so do it online please). Spectators will be charged \$3 per students/adults. Children under the age of 5 are free. All field event participants must check in at Ice Oval. All throwing implements must be weighed in and verified at Kearns Rec Center before their event begins.
2. Payment must be made for all athletes entered. Athletes will receive a bib # which is their pass for the meet and events. Athletes will need the bib to check in to each event.
3. All athletes in running events must report to the Clerking Area (bullpen) at first call. Athletes will be scratched from the event on Final call and heat and lane assignments will be made at that time. Distance Events will be pre-seeded and athletes will need to check in to receive a sticker.
4. The first running event will start at 4:00 pm. Events will follow the order listed. There will be no time schedule. Last year's start times are listed for your reference. Athletes must pay close attention to the calls as they are made.
5. Field events will start as soon as the one before it completes. Long jump (2 pits) and pole vault will be held at the ice oval on Friday evening. High jump and shot put will be held at Kearns Oquirrh Park Rec Center on Friday evening. The high jump surface is a gym floor.
6. Due to the high number of competitors, minimum marks will be used in the long jump and shot put. Athletes who do not equal or better the mark will have their third attempt measured.
7. Medals will be awarded the top three finishers in individual events and the first place relay team.
8. Six places will be scored for team competition.
9. Spikes (3/16") are allowed. Spikes can only be used on the track. There will be a \$50 fine for any athlete found wearing their spikes in areas off the track.
10. Warm-up is allowed on the track as long as it does not cause a problem with an event.  
**DO NOT WARMUP ON THE INSIDE OF THE ICE OVAL.**
11. USATF officials will be starting the meet. We will need coaches/volunteers to run all field events and help with finish line and bullpen. We also need help taking money doing results, and handing out awards. Please let me know if you have anyone that can help, email me at [scott.stucki@gmail.com](mailto:scott.stucki@gmail.com).

**\*\*\*\*All athletes must sign an online waiver to use the Olympic Ice Oval. It can be found here: <https://waiver.smartwaiver.com/w/584304c83df93/web/>**

PLEASE Have them do it before they come to avoid the line.

**Friday, Jan. 25**

**FIELD EVENT TIME SCHEDULE**

**Note: Field event start times are estimates. Events will begin immediately following the preceding event. Please track the progress of the preceding event and listen for calls of your flight.**

3:00 pm Check in all Field Events (At Ice Oval)

4:00 pm- Girls' Shot Put (Kearns Rec Center) 25' minimum

Girls' Long Jump (ice oval) 14' minimum

Boys' High Jump (Kearns Rec Center) 5' 2 opening

Girls' Pole Vault (ice oval) 6' 6, 7' 2, 7' 10, 8' 6, then raised 6''

About 5:30 pm- Boys' Long Jump (ice oval) 17' minimum

About 6:00 pm- Boys' Shot Put (Kearns Rec Center) 35' minimum

Girls' High Jump (Kearns Rec Center) 4' 4 opening

Boy's Pole Vault (ice oval) 8' 6, 9' 2, 9' 10, 10' 6 then raised 6''

About 8:30 pm- Boys' and Girls' Triple Jump no minimums

**Friday, Jan. 25**

**TRACK EVENT TIME SCHEDULE**

**Heats will be run Girls than Boys, Fastest to slowest**

**3:00pm Track open /packet pickup**

***Last Year Start Times/Heat Count 2018***

	<i>Girls</i>	<i># Heats</i>	<i>Boys</i>	<i># Heats</i>
<b>4:00 pm - 1600 M Run</b>	4:05	11	5:42	16
400 M Dash	7:06	17	7:50	19
4 X 800 M Relay	8:46	1	9:15	1

**Saturday, Jan 26**

**TRACK EVENT TIME SCHEDULE**

**Heats will be run Girls than Boys, Fastest to Slowest for finals**

**8:00 am Track Open**

***Last Year Start Times/Heat Count***

	<i>Girls</i>	<i># Heats</i>	<i>Boys</i>	<i># Heats</i>
<b>9:00 am-60m HH Prelims</b>	9:00	13	9:26	10
60m Dash Prelims	9:46	23	10:25	22
4 x 200m Relay	11:24	5	11:45	4
60m HH Finals	12:01	2	12:07	2
60m Dash Finals	12:14	1	12:19	1
800m Run	12:20	5	12:40	7
200m Dash	1:19	47	2:15	46
3200m Run	3:14	3	4:04	5
4 X 400m Relay	5:09		5:26	