Snow Canyon Invitational

State Qualifying Meet

Start Times: Friday March 8th, 2019 @ 3:00 PM

Saturday March 9th, 2019 @ 9:00 AM

Place: Snow Canyon High School Track

1385 Lava Flow Drive, St. George, UT

Awards: Medals for top 3 finishers per event including relays and Team championship trophies

Cost:$75 per team/$150 for both or $5 per individual (least expensive)

Registration: Registration will be online through [www.runnercard.com](file:///E:\Track%20and%20Field\Race%20and%20Meet%20Info\www.runnercard.com). **Deadline for entries is Thursday, March 7th, 2019 @ 11:59 pm.** Please submit legitimate times and marks for all events. **Sorry, we are unable to make race day registration changes.**

\*6 participants per team per event. Each athlete is allowed 4 events. Each team can run 2 Relay Teams per Relay but only 1 team will score and medal.

Scoring: Top 8 Places (10,8,6,5,4,3,2,1)

**The Snow Canyon Invitational has typically been one of the state’s fastest early season qualifying meets and has featured some very competitive track & field athletes. With our NEW state of the art track we look forward to having another excellent meet this year. We will be contesting the 4X200 and 4X800 this year on Friday evening.**

Please contact one of us if it is your first time at the meet, so we don’t get started without you.

Contact Info: Justin Redfearn (435)216-2101 or justin.redfearn@washk12.org

**Snow Canyon Invitational**

**March 8 & 9, 2019**

**-Schedule of Events-**

**This meet has a rolling schedule, so please listen for the announcer.**

**Friday, March 8th**

3:00 PM 1600 M Girls Fast Heat **Finals**

1600 M Boys Fast Heat **Finals**

1600 M Girls Heat **Finals**

1600 M Boys Heat **Finals**

100 M Hurdles Girls Trials

110 M Hurdles Boys Trials

100 M Girls Trials

100 M Boys Trials

400 M Girls Trials

400 M Boys Trials

300 M Hurdles Girls Trials

300 M Hurdles Boys Trials

200 M Girls Trials

200 M Boys Trials

4X800 M Girls **Finals**

4X800 M Boys **Finals**

4X200 M Girls **Finals**

4X200 M Boys **Finals**

**Saturday March 9th (All Finals)**

9:00 AM 3200 M Girls Fast Heat **Finals**

3200 M Boys Fast Heat **Finals**

3200 M Girls Heat **Finals**

3200 M Boys Heat **Finals**

100 M Hurdles Girls

110 M Hurdles Boys

100 M Girls

100 M Boys

4X100 Girls

4X100 Boys

400 M Girls

400 M Boys

300 M Hurdles Girls

300 M Hurdles Boys

800 M Girls Fast Heat **Finals**

800 M Boys Fast Heat **Finals**

800 M Girls Heat **Finals**

800 M Boys Heat **Finals**

Medley Relay Girls

Medley Relay Boys

200 M Girls

200 M Boys

4X400 Relay Girls

4X400 Relay Boys

**Friday, March 8th**

3:00 PM Girls Javelin (Min-70’0”)

3:00 PM Girls Discus (Min-60’0”)

3:00 PM Boys Shot Put (Min-30’0”)

3:00 PM Girls Long Jump (Start-11’0”)

3:00 PM Boys High Jump (Min-5’0”)

**Saturday March 9th**

10:00 AM Boys Javelin (Min-100’0”)

10:00 AM Boys Discus (Min-75’0”)

10:00 AM Girls Shot Put (Min-20’0”)

10:00 AM Boys Long Jump (Start-16’0”)

10:00 AM Girls High Jump (Min-4’0”)