Desert Hills Decathlon/Heptathlon and Distance Carnival

State Qualifier

Start Times: Thursday April 13th & Friday April 14th, 2017 @ 4:00 PM and 9:00 AM

Place: Desert Hills High School Track

828 E. Desert Hills Drive, St. George, UT

Awards: Awards for top 3 race and finishers

Awards for top relay finishers

Awards for top 6 multi-event finishers

Cost:$3 per athlete

$10 per relay

$10 for multi-event athlete

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 Tuesday, April 11th, 2017 at 8:00 PM.** **Sorry, we are unable to make race day registration changes.**

Notes:

**Multi-Events-**Please submit **reasonable** approximate times and marks for any events not competed in during the season. **Sorry we are unable to compete in pole vault.**

**Races-**Please submit **legitimate season best times** for individual events and **reasonable** approximate relay times.Open races and relays will be run girls and then boys fastest to slowest heats. **This is a varsity meet, so please limit entries to athletes that are competitive in your classification and/or region.**

Contact Info: Dace Goulding (435)705-3718 or [dace.goulding@washk12.org](mailto:dace.goulding@washk12.org)

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**Desert Hills Decathlon/Heptathlon**

**and Distance Carnival**

**April 13&14, 2017**

**-Schedule of Events-**

**Feel free to register and pay for athletes in individually selected events.**

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We will not be starting events early than the posted times.

Unfortunately, we do not have pole vault equipment; therefore it will not be contested!!

**Day 1 (Thursday PM)**

**4:00 Boys’ 100m (Q)**

**4:20 Girls’ 100m hurdles (Q)**

**4:40 Girls and Boys 4x1600m Relay\*\***

**4:30 Boys’ Long Jump (Q)**

**5:00 Girls’ High Jump (Q)**

**6:00 Boys’ Shot Put (Q)**

**6:30 Girls and Boys 800m\*\* (Q)**

**6:45 Girls’ Shot Put (Q)**

**7:00 Boys’ High Jump (Q)**

**7:45 Girls’ 200m (Q)**

**8:00 Boys’ 400m (Q)**

**8:15 Girls’ and Boys’ 3200m\*\* (Q)**

**8:45 Boys’ 400m (Q)**

**Day 2 (Friday AM)**

**9:00 Boys’ 110m hurdles (Q)**

**9:00 Girls’ Long Jump (Q)**

**9:20 Distance Medley Relay\*\***

**(1200, 400, 800, 1600)**

**9:45 Boys’ Discus (Q)**

**10:30 Girls’ Javelin (Q)**

**11:00 4x800m Relay\*\***

**11:15 Boys’ Javelin (Q)**

**11:30 Girls’ 800m (Q)**

**12:30 Boys’ 1500m**

**1:00 1600m\*\* (Q)**

**(Q) – State Qualifying Event**

**\*\* - Distance Carnival Event**