

CV Southern Utah Championships

Date:	Tuesday April 30th, 2019 - 3:00pm	
Location:	Canyon View High School Stadium 166 W 1925 N, Cedar City UT	
Contact:	Matt Storland	matt.storland@ironmail.org (435)669-9309
Awards:	Medals will be given to the top 3 finishers in individual events and top 3 finishers in relays.	
Cost:	\$50 per team, \$80 for both or \$5 per athlete.	
Team Roster:	Each athlete will be limited to 4 events, Unlimited athlete entries per individual event and limited 2 relay teams per relay event. Only relay Team A will be scoring.	
Registration:	Registration will be through www.runnercard.com . Deadline for entries is Monday April 29th @ 10:00pm. This meet is by invite only, therefore you must receive the meet access code in order to register. Please submit times and marks for all events so we can have proper heats and lane assignments.	
Scoring	Top 8 places: 10, 8, 6, 5, 4, 3, 2, 1	
Team campsites:	There are excellent team locations along the tennis courts just to the east of the stadium; east and west of the visitors stands on the south side of the stadium. Just stay clear of throwing events!!!	
Event Location:	Shot Put - Southeast corner of stadium infield. Discus - Field west of stadium, south side Javelin - Field west of stadium, south side Long Jump - south side of stadium infield High Jump - West side of stadium infield	
Concessions:	Concessions will be available at the northwest entrance.	

Schedule of Events

Tuesday April 30th, 2019 - 3:00pm

Running Events

2:40 PM Exhibition 4x800 Meter Relay

Starts at 3:00pm

1600 Meter Run

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

4x100 Meter Relay

400 Meter Dash

800 Meter Run

300 Meter Hurdles

Medley Relay

200 Meter Dash

3200 Meter Run

4x400 Meter Relay

Field Events

Starts at 3:00pm

Girls Javelin

Boys High Jump (Pit 1)

Girls High Jump (Pit 2)

Girls Long Jump

Girls Shot Put

Boys Discus

4:30 PM

Boys Javelin

Girls Discus

Boys Long Jump

Boys Shot Put

**All running events will go girls first then boys*

**Athletes will be given 4 attempts as finals. We will do our best to run field events by proper flights but may go to open pit so athletes can come and go as their events allow. Please make sure athletes are checking in and notifying the official if they need to leave for another event.*