



## **Corner Canyon High School-May 22th @ 9AM**

### **Track Events**

10:00 3000m run

110m hurdles

100m hurdles

80m hurdles

100m dash

1500m run

400m dash

4 x 100m relay

800m run

200m dash

4 x 400m relay

### **Field Events (open pit)**

9:00-11:00 Long Jump: 10 and under

9:00-11:00 Shot Put: ages 10 and under

9:00-11:00 Javelin : ages 11 and older

9:00-11:00 Discus

9:00-11:00 High Jump

11:30-1:30 Long Jump: ages 11 and older

11:30-1:30 Shot Put: ages 11 and older

11:30-1:30 Javelin: ages 10 and younger

Please note:

\*This is a rolling schedule. We will move ahead of it whenever possible.

\*Please get name tag stickers from your coaches before your event.

\*At first call, make your way to the starting line to check-in.

\*In all running events, the youngest will go first and girls will be followed by boys.

\*Please park in the lot on the northwest side of the school and track.

\*"Open pit" means that you may get your marks at any time during the time frame as long as you are in that age division.

\*The infield will be closed to everyone except athletes, officials and volunteers.

\* Entrance to the infield will be on the southwest side entrance ONLY. (near the shot put)

#### Registration

- Registration will be done through runnercard and will open Sunday, May 16th
- All athletes must register ahead of time, registration will close at 12:00pm (noon) on Friday, May 21st.
- We will NOT have day of registration
- Cost of meet is \$5/event
- Coaches must register their relay teams

#### Runnercard Registration Instructions

You will need to complete your registration by the registration deadline. (no exceptions).

Parents: Find the meet on Runnercard [here](#).

At the top there is a Register button (click that)

On the Left side there is an Individual's section. You will click on Individual Signup even if you are on a team (you will be able to choose your team later).

DO NOT CREATE AN ACCOUNT (this is for coaches only for relays).

You will then click on Agree to the Liability Waiver.

Fill out your Athlete's Name

Under year in school it will give you age division choices. Please choose the correct age division remember it is not always their current age but based on the year they were born:

#### Year of Birth Age Division

2013+ 8 & Under

2011-2012 9-10

2009-2010 11-12

2007-2008 13-14

2005-2006 15-16

2003-2004 17-18

2002- Before Open/Masters

Please fill in their Birthdate (the rest of that section is optional)

Under Team Affiliation just click on Unattached or Team but leave the team field blank.

Under Questions it will allow you to select your team if you are on one.

Select the events your athlete will compete in (please choose the right gender and age division (according to above chart).

You will not see relays. If you are planning on running in a relay talk to your coach they will enter those.

Click next and either add other athletes or complete the payment process.

\*\*Coaches: For relays we need you to create a team account if you don't already have one.

This can be done on the right side of main page. Then you will login under teams after you click Register. A meet access code will be emailed to you. Don't share the meet access code with anyone not a coach. Please only enter relays into the meet not individuals as they will do that themselves. If you have questions about this process contact Nelson @ (385) 207-8378