



6th Annual
Tiger Trials Invitational

- Location: Orem High School
Date: Saturday April 30th, 2016
Gender: Male and Female
Meet Entry: Up to 4 athletes for lane and field events and 5 for distance (800 and up). Each athlete can compete in up to 4 events. (**see 2016 Qualifying standards**)
Entry Fee: \$85.00 per Gender (\$170.00 combined for Boys and Girls). Please MAIL your entry Fee prior to the meet. You can also contact our Finance office to pay via credit card. Pay Team Fee or \$10.00 per individual event, \$20 for Relay. NO refunds.
Mail Checks to: Orem High School 175 S 400 E Orem, UT 84097
Registration: Registration will be on www.Runnercard.com
Registration Info: **REGISTRATION WILL CLOSE. April 28th, 2016 at Midnight!**
No changes or late entries on day of meet (Please plan ahead)
Due to this being timed finals, please enter FAT marks from 2016 Outdoor track Season to use for seeding purposes. This will help the meet run smoothly.
To Declare your team you must have AT LEAST one athlete registered and in the system before Monday April 18th. After the 18th you will need to email coach Jacobs for the pass-code and at that time will determine if we can add you into the meet. Final Changes & Registration deadline will be Midnight Thursday April 28th.
PLEASE DON'T REGISTER ATHLETES THAT YOU DON'T PLAN ON RUNNING. PLEASE BE EXACT ON YOUR REGISTRATION. DON'T MAKE DECISIONS AT THE MEET.

Meet Director Contact Information:

Name: Andrew Jacobs
Cell Phone: 801-358-3333
Email: oremcrosscountry@gmail.com

- All heats and races will be formed Friday April 29th. You will receive a copy of the heat sheets in your coach's packet. We will also make them available on www.runnercard.com Friday April 29th.
- All track races will be timed finals with the fastest "Seeded" athletes in the first heat. Field events will be seeded with top athletes competing in final flights.
- All throwing events and long jump will get 3 Trial attempts; Top 9 athletes will have 3 additional attempts in finals.

2016 Tiger Trials – Schedule of Events

Girls Followed by Boys unless notes

**** All events will go fastest to slowest**

***** We will be on a rolling schedule*****

PLEASE LISTEN TO THE ANNOUNCER

2016 Tiger Trials Event Schedule			
7:30 AM	Weigh Master - Implements		
8:00 AM	Coaches Meeting – Finish Line		
* All times Estimates	Track Events		Field Events
8:30 AM	Girls 1600 M	9:00 AM	Girls Shot
9:15 AM	Boys 1600 M		Boys HJ
10:15 AM	Girls 100 H		Girls LJ
10:40 AM	Boys 110 H		Girls Javelin
11:05 AM	Girls 100 M		Boys Disc
11:25 AM	Boys 100 M		
12:00 PM	**National Anthem**	1:00 PM	Boys Shot
12:15 PM	Girls 4x1 Relay		Girls HJ
12:25 PM	Boys 4x1 Relay		Boys LJ
12:35 PM	Girls 400 M		Boys Javelin
1:00 PM	Boys 400 M		Girls Disc
1:35 PM	Girls 300 M		
2:00 PM	Boys 300 M		
2:35 PM	Girls 800		
3:05 PM	Boys 800		
3:30 PM	Girls Medley		
3:48 PM	Boys Medley		
4:10 PM	Girls 200		
4:35 PM	Boys 200		
4:55 PM	Girls 3200		
5:25 PM	Boys 3200		
5:50 PM	Girls 4x400		
6:15 PM	Boys 4x400		
Times are Not exact and we will be on a rolling schedule. IF we get ahead of schedule we will continue to move forward in the meet. Please listen for each even being called. This information is based on 2015 event times and will fluctuate.			

Minimum Qualifying marks - To enter you must have hit this mark in 2016		
Event	Girls	Boys
100	14.7	12.3
200	30.2	27.2
400	1:10	0:57
800	3:00	2:22
1600	6:15	5:15
3200	13:30	12:00
100/110 H	0:20	0:20
300 Hurdles	0:58	0:53
High Jump	4-05	5-05
Long Jump	12-00	15-00
Shot	25-00	32-00
Disc	65-00	85-00
Javelin	70-00	85-00
Any athlete that has not hit this minimum mark will be removed from the meet registration		

Minimum Marks for Field Events

Shot	25'	Girls
	32'	Boys
Discus	65'	Girls
	85'	Boys
Javelin	70'	Girls
	85'	Boys
Long Jump	12'	Girls
	15'	Boys

The crossbars for the High School

High Jump will be raised:

Girls HJ - 4'06", 4'08", 4'09", 4'11", 5' 01", 5' 02", 5' 03" one inch thereafter.

Boys HJ - 5' 06", 5'08", 5' 10" 5' 11", 6' 00", 6'01", 6' 02" one inch thereafter.