



7th Annual
Tiger Trials

Location	Orem High School / Saturday April 29 th , 2017
Meet Entry	<p>You will be allowed to register up to 50 entries per school per gender as long as they meet the 2017 Qualifying standards (see attached). 3200 meter athletes <u>WILL NOT</u> be factored into this total & will be capped per team of up to 5 (see qualifying notes on 2 heats of 3200)</p> <p>*if you run an athlete in 4 events, that will count as 4 of your 50 events. Relays will not factor into total. No athlete can compete in more than 4 total events.</p> <p>*please ensure you do NOT exceed this total as the system will allow, ensure you are keeping registration totals accurate!</p>
Entry Fee	<p>\$85.00 35-50 entries per gender \$65.00 15-35 entries per gender 1-14 \$5 per entry Without team registration relays \$15</p> <p><u>Please MAIL your entry fee prior to the meet.</u> You can also contact our Finance office to pay via credit card. NO refunds. Orem High School 175 S 400 E Orem, UT 84097.</p>
Registration Info	<p>REGISTRATION WILL CLOSE. April 27th, 2017 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 2017 Outdoor track Season to use for seeding purposes. This will help the meet run smoothly.</p> <p>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 passcode and at that time will determine if we can add you into the meet.</p> <p>Final Changes & Registration deadline will be Midnight Thursday April 28th.</p> <p>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.</p>

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 28th. 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 28th.
- 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.

Minimum Qualifying marks - To enter you must have hit this mark in 2017		
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	top 45 Girls (20 Heat 1, and 25 Heat 2)	top 45 Girls (20 Heat 1, and 25 Heat 2)
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

*Please ensure all marks are valid and from 2017

**3200 entries will be removed and anyone above the top 45 times will be removed from the meet.

**Any Athlete entered that has not achieved the following marks will be removed from the meet.

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.

2017 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

2017 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 2016 event times and will fluctuate.			