



# ***2022 PHOENIX FIRE FEST***

**When:** Friday April 15<sup>th</sup>, 2022

**Start Time:** 2:30 PM – Field Events | 3:30 PM – Track Events

**Weigh-ins:** 1:45 PM @ Track Shed (North East Side of Track)

**Timing:** This is a sanctioned meet for the purpose of qualifying for State. All times will be FAT with a wind gauge.

**Spectator Entry:** \$2 per person (children 11 & under free) / \$10 Family Pass

**Registration:** Will be on runnercard.com. The code will be emailed. Please have all entries in by 8:00pm on Thursday April 14th.

**Entry:** \$200 total fee (includes both boys and girls teams - \$100 for just girls or just boys) or \$10 per individual.

Send check in mail or bring with you to the meet. You can also call into the main office between 7-3 and pay over the phone with a credit card: 801-402-9050

Make checks out to:

*Farmington High Track & Field*

*548 West Glovers Lane*

*Farmington, UT 84025*

Individual athletes are limited to 4 events, including relays. There is a limit of 4 per event and 1 relay per school. Please ONLY enter athletes that can hit the standard! If someone has another legit athlete they are trying to qualify for State please email Chris Brower – cbrower@dsdmail.net.

**FIELD EVENTS:** Will start at 2:30pm. Finals (top 9) will start immediately following the completion of last flight before we flip girls/boys. Field Event participants need to check in and can be moved from flights to accommodate track or other field events but will have a limited time to do it. Javelin has a grass runway. Implement weigh-in at 1:45pm at the track shed (Northeast corner of the track).

**AWARDS:** Top 3 for individuals and 1st place relays. Team awards to the top boys and girls teams. The trophy will be perpetual where each team that wins the trophy will take it home, get their school name and year engraved (we will cover this), and then they will bring the trophy back the following year to try and defend their title and keep it for another year.

Bullpen will be located on the infield (South End of football field)

Track heats will be fastest to slowest with Girl's heats going first.

Please keep tents away from press box so timing officials have good view

Concessions will be available, with coaches' meal tickets on us.

Any other questions, please email: cbrower@dsdmail.net

### **Schedule of Events**

#### **Running Events (3:30pm)**

4X800m Relay  
100/110 Hurdles  
100m Dash  
4x200m Relay  
1600m Run  
4x100m Relay  
400m Dash  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4x400m Relay

#### **Field Events (2:30pm)**

Boys Long Jump  
Girls High Jump  
Boys Discus  
Girls Shot Put  
Girls Javelin  
Boys Pole Vault

#### **\*Field Events (\*5:30pm)**

Girls Long Jump  
Boys High Jump  
Girls Discus  
Boys Shot Put  
Boys Javelin  
Girls Pole Vault

\*Following the conclusion of the previous event

**2022 Boys Accepted Marks -**

100m Dash - 12.30  
200m Dash - 25.40  
400m Dash - 55.00  
110m Hurdles - 19.00  
300m Hurdles - 48.00  
800m Run - 2:15  
1600m Run - 5:00  
3200m Run - 10:30  
Pole Vault - 9'06  
High Jump - 5'06 opening  
Long Jump - 18'0  
Shot Put - 35'00  
Discus - 105'00  
Javelin - 115'00

**2022 Girls Accepted Marks -**

100m Dash - 14.00  
200m Dash - 29.00  
400m Dash - 1:05.00  
100m Hurdles - 18.30  
300m Hurdles - 53.00  
800m Run - 2:45  
1600m Run - 6:00  
3200m Run - 12:50  
Pole Vault - 7'06  
High Jump - 4'07 opening  
Long Jump - 14'0  
Shot Put - 27'00  
Discus - 80'00  
Javelin - 75'00