



2022 PHOENIX FIRE FEST

When: Friday April 15th, 2022

Start Time: 2:30 PM – Field Events | 2:45 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 11:59pm on Wednesday April 13th.

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 (2:45pm)

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