

# 2023 Phoenix Invitational

Friday April 14<sup>th</sup>, 2023

2:30 PM – Field Events; 2:45 PM – Track Events

## REGISTRATION

- Registration will be on runnercard.com. The code will be emailed. Please have all entries in by 7:30 AM on Thursday April 13th.
  - No changes will be made once entries are closed. Heat sheets will be sent out Thursday afternoon.
- Unlike in previous years, each team is allowed 48 total entries per gender – please do not enter more than 48. A \$50 fine will be imposed for any team going over 48, and scratches will be made at the discretion of the meet director wherever will help shorten the meet by reducing heats or size of fields.
- Relays will not count towards the 48 entry limit.
- Only enter athletes who have met the minimum mark listed at the end of this document. Anyone entered without a time meeting this mark will be scratched. If you don't have a database mark, please indicate where the mark was made. Any mark without verifiable entry will be scratched. In the past there were too many fabricated marks, which hurt the quality of the meet, and made it go too late – especially in the field events.
  - Marks from dual/tri meets, indoor, or previous years are accepted, please just indicate where we can verify the result.
  - If you know you have an athlete not using a database mark, please enter them early so we can start verification.
- Individual athletes are limited to 4 events, including relays. There is a limit of 4 per event and 1 relay per school.

## MEET INFORMATION

- Cost will be \$5 per entry (\$20 per relay) or \$125 per gender (\$250 for both), whichever is cheaper.
- 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*
- **The fast heats will run first in every event.**
- To avoid missing their race, athletes should report to the starting line or field event area at first call.
- There will not be a bullpen. Athletes are responsible to know their heat and lane assignment, and when it will go.
- Shot Put, Discus, Javelin and Long Jump contestants will have three (3) attempts in the trials. The top nine (9) will advance into the finals for an additional three attempts.
  - Scoring for all events will be top 8, as usual.
- **Weigh-ins:** 1:45 PM @ Track Shed (Northeast Side of Track)
- Field Event Minimums

	<b>Boys</b>	<b>Girls</b>
Long Jump	18'05"	14'00
Shot Put	35'00	27'00
Discus	105'00	80'00
Javelin	120'00	80'00

- **Starting heights:**

	<b>Boys</b>	<b>Girls</b>
High Jump	5'06"	4'07"
Pole Vault	9'08"	7'02"

### ENTRANCE/FACILITY USE

- Spectators will also be charged \$4.00, 11 and under will be free.
- Spectator entry will be through the Southeast gates of the stadium, by the concessions stand.
- Canopies are not allowed in the west bleachers. Canopies in the east bleachers and grass areas outside the track are fine.
- Admission to the school will only be allowed through the east entrance – for bathroom use only. Please remind your kids not to enter the school to wander around.
- Concessions will be available, with coaches' meal tickets in your packets.

Any other questions, please email: [bjacobson@dsdmail.net](mailto:bjacobson@dsdmail.net)

### Schedule of Events

#### Running Events (2:45pm)

100/110 Hurdles  
100m Dash  
4x200m Relay  
1600m Run  
4x100m Relay  
400m Dash  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4x400m Relay  
4x800m Relay

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

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

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

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

\*Following the conclusion of the previous event

#### Minimum Entry Standards

##### Boys Events

100m Dash	12.10
200m Dash	24.70
400m Dash	54.50
110m Hurdles	17.99
300m Hurdles	44.00
800m Run	2:10.00
1600m Run	4:46.00
3200m Run	10:30.00
Pole Vault	10'03"
High Jump	5'06"
Long Jump	18'05"
Shot Put	35'00"
Discus	105'00"
Javelin	120'00"

##### Girls Events

100m Dash	13.99
200m Dash	28.80
400m Dash	1:05.00
100m Hurdles	17.99
300m Hurdles	52.50
800m Run	2:44.00
1600m Run	5:55.00
3200m Run	12:45.00
Pole Vault	7'06"
High Jump	4'07"
Long Jump	14'00"
Shot Put	27'00"
Discus	80'00"
Javelin	80'00"