

Snow Canyon Invitational

State Qualifying Meet

Start Times: Friday March 10th, 2023 @ 1:00 PM
Saturday March 11th, 2023 @ 9:00 AM

Place: Snow Canyon High School Track
1385 Lava Flow Drive, St. George, UT

Awards: Medals for top 8 finishers per event and Top 3 relays

Cost: \$100 per team/\$200 for both or \$10 per individual (least expensive)

Registration: Registration will be online through www.runnercard.com. **Deadline for entries is Thursday, March 9th, 2023 @ 11:59 pm.** Please submit legitimate times and marks for all events. **Sorry, we are unable to make race day registration changes.**

*8 participants per team per event. Each athlete is allowed 4 events.

Scoring: Top 8 Places (10,8,6,5,4,3,2,1)

The Snow Canyon Invitational has typically been one of the state's fastest early season qualifying meets and has featured some very competitive track & field athletes. With our NEW state of the art track we look forward to having another excellent meet this year. We will be contesting the 4X200 and 4X800 for ALL 4A-6A schools. The Medley Relay will be contested for ALL 1A-3A schools.

Contact Info: Justin Redfearn (435)216-2101 or justin.redfearn@washk12.org

**Snow Canyon Invitational
March 10 & 11, 2023**

-Schedule of Events-

This meet has a rolling schedule, so please listen for the announcer.

Friday, March 10th

1:00 PM 1600 M Girls Fast Heat **Finals**
1600 M Boys Fast Heat **Finals**
1600 M Girls Heat **Finals**
1600 M Boys Heat **Finals**
100 M Hurdles Girls Trials
110 M Hurdles Boys Trials
100 M Girls Trials
100 M Boys Trials
400 M Girls Trials
400 M Boys Trials
300 M Hurdles Girls Trials
300 M Hurdles Boys Trials
200 M Girls Trials
200 M Boys Trials
4X800 M Girls **Finals**
4X800 M Boys **Finals**
Girls Medley Finals 1A-3A
Boys Medley Finals 1A-3A

Saturday March 11th (All Finals)

9:00 AM 3200 M Girls Fast Heat **Finals**
3200 M Boys Fast Heat **Finals**
3200 M Girls Heat **Finals**
3200 M Boys Heat **Finals**
100 M Hurdles Girls
110 M Hurdles Boys
100 M Girls
100 M Boys
4X100 Girls
4X100 Boys
400 M Girls
400 M Boys
300 M Hurdles Girls
300 M Hurdles Boys
4X200 Girls **Finals**
4X200 Boys **Finals**
800 M Girls Fast Heat **Finals**
800 M Boys Fast Heat **Finals**
800 M Girls Heat **Finals**
800 M Boys Heat **Finals**
200 M Girls
200 M Boys
4X400 Relay Girls
4X400 Relay Boys

Friday, March 10th

1:00 PM Girls Javelin (Min-70'0")
1:00 PM Girls Discus (Min-60'0")
1:00 PM Boys Shot Put (Min-30'0")
1:00 PM Girls Long Jump (Start-12'0")
1:00 PM Boys High Jump (Min-5'0")

Saturday March 11th

9:00 AM Boys Javelin (Min-100'0")
9:00 AM Boys Discus (Min-75'0")
9:00 AM Girls Shot Put (Min-20'0")
9:00 AM Boys Long Jump (Start-17'0")
9:00 AM Girls High Jump (Min-4'0")