

# UHSTCA INVITATIONAL CHAMPIONSHIPS

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January 27<sup>th</sup> & 28<sup>th</sup> @ the Olympic Ice Oval  
5662 South 4800 West Cougar Lane

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1. The cost to enter the meet is \$5 per athlete per event. Team payments will be accepted at the meet. Relays will be \$16. **Registration will be done at Runnercard.com.** Registration day of the meet will be \$10 for the First event and \$5 for each additional event. Spectators will be charged \$3 per students/adults. Children under the age of 5 are free. All field event participants must check in at Ice Oval. All throwing implements must be weighed in and verified at Kearns Rec Center before their event begins.
2. **Payment must be made for all athletes entered.** Athletes will receive a bib # which is their pass for the meet and events. Athletes will need the bib to check in to each event.
3. **All athletes in running events must report to the Clerking Area (bullpen) at first call.** Athletes will be scratched from the event on second call and heat and lane assignments will be made at that time.
4. The first running event will start at 4:00 pm. Events will follow the order listed. There will be no time schedule. Athletes must pay close attention to the calls as they are made.
5. Field events will start at the time listed. Long jump (2 pits) and pole vault will be held at the ice oval on Friday evening. High jump and shot put will be held at Kearns Oquirrh Park Rec Center on Friday evening. The high jump surface is a gym floor.
6. Due to the high number of competitors, minimum marks will be used in the long jump and shot put. Athletes who do not equal or better the mark will have their third attempt measured.
7. Medals will be awarded the top three finishers in individual events and the first place relay team.
8. Six places will be scored for team competition.
9. Spikes (3/16") are allowed. Spikes can only be used on the track. There will be a \$50 fine for any athlete found wearing their spikes in areas off the track.
10. Warm-up is allowed on the track as long as it does not cause a problem with an event.

# FIELD EVENT TIME SCHEDULE

## Friday, Jan. 27

- 3:00 pm Check in all Field Events (Ice Oval)
- 4:00 pm- Boys' Shot Put (Kearns Rec Center) 35' minimum
- 4:00 pm- Girls' Long Jump (ice oval) 14' minimum
- 4:00 pm- Boys' High Jump (Kearns Rec Center) 5' 2 opening
- 4:00 pm- Girls' Pole Vault (ice oval) 6' 6, 7' 2, 7' 10, 8' 6, then raised 6"
- 5:30 pm- Boys' Long Jump (ice oval) 17' minimum
- 6:00 pm- Girls' Shot Put (Kearns Rec Center) 25' minimum
- 6:00 pm- Girls' High Jump (Kearns Rec Center) 4' 4 opening
- 6:30 pm Boy's Pole Vault (ice oval) 8' 6, 9' 2, 9' 10, 10' 6 then raised 6"
- 8:30 pm- Boys' Triple Jump no minimums
- 8:30 pm- Girls' Triple Jump no minimums

**\*Note: Field event start times are estimates. Events will begin immediately following the preceding event. Please track the progress of the preceding event and listen for calls of your flight.**

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# TRACK EVENT TIME SCHEDULE

## Friday, Jan. 27

- 3:00** Track open
- 4:00** 1600 M Run
- 400 M Dash
- 4 X 800 M Relay

## Saturday, Jan 28

### 8:00 am Track Open

- 9:00 am-60m HH Prelims
- 60m Dash Prelims
- 4 x 200
- 60m HH Finals
- 60m Dash Finals
- 800m Run
- 200m Dash
- 3200m Run
- 4 X 400 Relay

# AGREEMENT TO USE UTAH OLYMPIC OVAL

*IMPORTANT: THIS IS A LEGAL DOCUMENT; PLEASE READ IN FULL AND UNDERSTAND BEFORE SIGNING.*

**You may be hurt using the facilities and equipment of the Utah Olympic Oval (the "Sports Facilities"). If you are unwilling to assume all the risks of your use of the Sports Facilities, DO NOT sign this document, in which case you will NOT be authorized to use the Sports Facilities, and you will be refunded any monies you paid to use the Sports Facilities. If you sign this document BUT make any alterations to it, you are NOT authorized to use the Sports Facilities.**

**1. Assumption of Risks.** I, as the authorized representative of the members of the company/group ("*Participant*"), wish to use the Sports Facilities and may engage in one or more sports, including without limitation: recreational skating, figure skating, hockey, speed skating, curling, and other recreational activities; and related use of training equipment including without limitation weight training equipment, hockey sticks, pucks, curling equipment, and other sporting equipment (collectively, the "Sports"), including any moving equipment or ice resurfacing machines. I understand that the Sports are high-speed action and adventure sports that involve many inherent risks and dangers, and that using the Sports Facilities or participating in the Sports may put me at risk of serious injury or illness. These dangers include but are not limited to: collision with structures and devices; risk-creating weather conditions and variations in terrain; accidents by other users of the Sports Facilities; failure to follow safety procedures, or to stay within ability or control; limits or defects in the Sports Facilities. I am also aware that hazards may exist throughout the Sports Facilities, may be unmarked and occur without warning, and that helmets, safety equipment, proficiency checks, supervision and enforcement of rules do not and cannot guarantee my safety. I am able to perform the essential efunctions required to use the Sports Facilities and participate in the Sports and I am freely and voluntarily participating in the Sports and the use of the Sports Facilities, including use of any moving parts of equipment or ice resurfacing machines. I REPRESENT AND WARRANT THAT I HAVE READ AND UNDERSTOOD THIS DOCUMENT, AM OF SOUND MIND, HAVE LEGAL AUTHORITY, AND FREELY ACCEPT AND FULLY ASSUME THE RISK THAT I CAN SUFFER PROPERTY DAMAGE, ILLNESS, SEVERE PERSONAL INJURY OR EVEN DEATH BY USING THE SPORTS FACILITIES OR PARTICIPATING IN THE SPORTS, not only in the ways described above, but also in ways that are unknown, and unexpected, even if I follow instructions, training or advice.

**2. Consent to Medical Treatment, Consent to Use of Images, Etc.** If I am unable to consent at the time, due to injury, illness or absence, I hereby consent to administration of first aid and other emergency medical treatment for such injury or illness that occurs during my use of the Sports Facilities or participation in the Sports. I have adequate health insurance or resources to cover the costs of treatment in case of any such injury or illness. I agree to refrain from and not to be impaired by the use of any controlled substance or under the influence of alcohol while using the Sports Facilities or participating in the Sports. I ACKNOWLEDGE THAT CONSUMPTION OF ALCOHOLIC BEVERAGES MAY IMPAIR MY ABILITY TO SAFELY PARTICIPATE IN PHYSICAL ACTIVITIES. I grant to the Utah Athletic Foundation ("UAF") and its assigns the right to use, reproduce, display, distribute and make derivative works, in any and all media, of my voice and likeness recorded while using the Sports Facilities or participating in the Sports and any biographical information furnished by me to UAF. If any provision herein is found to be unenforceable, it shall not affect the validity of any other provision hereof.

**3. Waiver, Release and Indemnification.** I understand and agree that none of UAF, the State of Utah, Salt Lake County, the Utah Olympic Oval, Kearns Oquirrh Park Fitness Center; U.S. Speedskating, USOC and the International Skating Union (collectively, the "Affiliates") or manufacturers, business entities, vendors or suppliers who in any way are connected to the Sports Facilities are insurers of my conduct. TO THE FULLEST EXTENT PERMITTED BY LAW, I HEREBY RELEASE, WAIVE, COVENANT NOT TO SUE, AND DISCHARGE THE AFFILIATES AND ALL OF THEIR TRUSTEES, DIRECTORS, MANAGERS, OFFICERS, EMPLOYEES, VOLUNTEERS, AGENTS AND REPRESENTATIVES (COLLECTIVELY, THE "RELEASEES") FROM ANY AND ALL LIABILITY, CLAIMS, DEMANDS, AND CAUSES OF ACTION WHATSOEVER ARISING OUT OF OR RELATED TO ANY LOSS, DAMAGE, OR INJURY, INCLUDING DEATH, THAT MAY BE SUSTAINED BY ME OR LOSS OR DAMAGE TO ANY PROPERTY BELONGING TO ME, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES OR OTHERWISE, ARISING OUT OF OR RELATED TO MY USE OF THE SPORTS FACILITIES OR PARTICIPATION IN THE SPORTS. I ALSO AGREE THAT, IN THE EVENT THAT ANY PERSON BRINGS ANY CLAIM OR ACTION INDIVIDUALLY, RELATED TO ANY INJURY OR LOSS CAUSED BY ME AS A RESULT OF MY USE OF THE SPORTS FACILITIES OR PARTICIPATION IN THE SPORTS, THAT I WILL INDEMNIFY THE RELEASEES AGAINST SUCH CLAIMS, INCLUDING PAYMENT OF ATTORNEY FEES. I AGREE THAT THIS DOCUMENT SHALL BIND MY GUARDIAN, ASSIGNS, HEIRS, ADMINISTRATORS AND EXECUTORS FOREVER.

**Print name of Participant**

**Signature of Participant**

Name: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Company/Group Represented:** \_\_\_\_\_

**Phone Number of Participant:** \_\_\_\_\_

**Mailing Address of Participant:** \_\_\_\_\_