

Utah Distance Challenge

Friday – February 9, 2018 at the Olympic Oval (5662 Cougar Lane, Kearns)

Schedule:

3:30 pm	Track open for warm-up
4:30 pm	Girls 1600m
5:45 pm	Boys 1600m
7:00 pm	Girls 400m
7:30 pm	Boys 400m
8:00 pm	Girls 800m
8:20 pm	Boys 800m
8:40 pm	Girls 3200m
9:00 pm	Boys 3200m

Cost:

\$5 per athlete—covers all events (**CASH OR CHECK ONLY**) Registration and seeding will take place at the Oval on the day of the meet. No pre-registration is required. There is no cost to coaches or spectators. Checks should be made out to 'Utah Distance Challenge'.

Information:

1. We will run the fast heat first in each event. Races will not begin before the scheduled time, but may start late based on the number of participants.
2. 3/16 inch pyramid spikes. The same size spikes are required two weeks earlier at the UHSTCA Meet. *Spikes may only be worn on the track surface.* Please remove your spikes when leaving the track.
3. Athletes need to be at the starting line for check-in 15 minutes prior to their event.
4. We have permission from the Olympic Oval to bring in our own food, but need to be sure to clean up after ourselves.
5. Runners from states other than Utah are invited to participate.
6. The top eight heats of the 400m Dash will be run in lanes with 4 runners per heat. The remaining heats will be waterfall starts with 6-8 runners per heat.

Questions – Contact Corbin Talley (801-580-8713) or coachtalley@gmail.com

Results will be printed at the meet, and will also be posted on

www.utahdistancechallenge.blogspot.com

*Chocolate Milk will be handed out after the races, thanks to our sponsor – Dairy Council of Utah



*Awards will be presented to the top 3 in each event, courtesy of Salt Lake Running Company.



Salt Lake Running Company