

# UTAH DISTANCE CHALLENGE

## FRIDAY 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

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### 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.  
Spikes may only be worn on the track surface. 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. The seeding for each event will take place at the starting line.
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 6-8 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.