

CHARGERS

TRACK AND FIELD

2022 COACH INFORMATION:

Questions about 3200m, 1600m, 800m Distance Events:

Devin Moody Head Coach coachdevinmoody@gmail.com

Questions about 100m, 200m, 400m Sprint Events:

Eric Kjar Boys - Sprints eric.kjar@canyonsdistr.it.org

Questions about 100m, 300m Hurdles:

Michael Switter Hurdles mrswitter@gmail.com

Questions about Shot Put, Discus, Javelin:

Casey Sutera Throws casey.sutera@canyonsdistrict.org

Questions about Pole Vault:

Lance Hambiln PoleVault hamblinlj@lilly.com

VISIT THE TEAM WEBSITE:

CORNERCANYONTRACK.com

Schedule & Info | Eligibility | Uniforms | Photos | Records

GENERAL TEAM REMIND

FOR DAY TO DAY REMINDERS & UPDATES

TEXT @CCANYON22 to 81010

ITEM 1: ELIGIBILITY

Go to RegisterMyAthlete.com → Utah → Corner Canyon

STEP 1: Create Athlete Profile

STEP 2: Register for Track & Field 2021-2022

STEP 3: E-Signatures

STEP 4: Physical Form A

STEP 5: Participation Fee

COMPLETE STEPS 1-3 - NEEDED TO ATTEND PRACTICE

STEP 1: CREATE ATHLETE PROFILE

- Go to RegisterMyAthlete.com and CREATE ACCOUNT
- If you already have an account, skip to Step 2

STEP 2: REGISTER FOR TRACK & FIELD 2021-2022

- After your profile is complete, login to your RegisterMyAthlete profile.
- Click on REGISTER FOR A SPORT, select "2021-2022 Girls/Boys Track & Field"

***NOTE: Until an athlete has completed this step, they will NOT appear on the coaches roster and the coach has no way of knowing if the physical or fee has been completed.*

STEP 3: E-SIGNATURES

- After adding "2021-22 Girls/Boys Track & Field" and filling out all of the required info, click SCHOOL REQUIREMENTS. This will take you to the Registration Checklist.
- The first item of the checklist is reading through the registration documents and "signing" that you have read and agree to the documents.

COMPLETE STEP 4 - NEEDED TO PARTICIPATE IN PRACTICE

STEP 4: PHYSICAL FORM A

- The UHSAA (Utah High School Athletics Association) requires a yearly physical for athletes to practice or compete with the team.
- The physical form is a specific document called the UHSAA PHYSICAL FORM A
- Download and Print the Physical Form A (found on the team website)
- Turn in the complete document (to the CCHS Main Office).

COMPLETE STEP 5 - NEEDED TO COMPETE

STEP 5: PARTICIPATION FEE

- Go to the CCHS Main Office and pay the \$75 Participation Fee for Track & Field

***NOTE: Once the fee has been payed it will NOT be automatically entered in as "complete" on the RegisterMyAthlete checklist. It will have to be manually entered in by the Athletic Director which could take a day or two.*

ITEM 2: UNIFORMS & TEAM GEAR

- The ordering window for Uniforms & Team Gear will be every year in January. This allows for adequate time for all sizes, products and printing to be completed by the start of the season.
- ORDERING WINDOW WILL CLOSE ON WEDNESDAY, JAN 12TH @ 11:59PM
(To Order - click on the links found on the Team Website)
- If you missed the ordering window the only item that will be available during the season will be the Uniform Top. Contact Coach Moody for more details.

ITEM 3: COMPETITION SCHEDULE

DUAL & TRI MEETS – FOR BOTH JV AND VARSITY ATHLETES

*INVITES – VARSITY ONLY (TYPICALLY TOP 4-5 IN EACH EVENT UNLESS OTHERWISE NOTED)

MARCH

Tues, Mar 1	Outdoor Track Practices Begin	
Tues, Mar 8	TRI MEET: American Fork, Westlake @ CC	
Tues/Wed, Mar 15/16	Layton Super Meet @ Layton	(*Varsity Invite)
Tues, Mar 22	TRI MEET: CC, Westlake @ Pleasant Grove	
Sat, Mar 26	Canyons Invite @ TBA	(*Varsity Invite)
Tues, Mar 29	TRI MEET: CC, Pleasant Grove @ Lone Peak	
Wed/Thurs, Mar 30/31	Alpha Invite @ Timpanogos	(*Varsity Invite)

APRIL

Tues, Apr 12	TRI MEET: Pleasant Grove, Skyridge @ CC	
Fri, Apr 15	Phoenix Fire Fest @ Farmington	(*Varsity Invite)
Sat, Apr 23	Ogden Invite @ Ogden	(*Varsity Invite)
Tues, Apr 26	JV Region @ Westlake	
Sat, Apr 30	Davis Invite @ Davis	(*Varsity Invite)

MAY

Fri/Sat, May 6/7	BYU Invite @ BYU	(*Varsity Invite)
Wed/Thurs, May 11/12	Region Championships @ Skyridge	(*Varsity Invite)
Thurs/Sat, May 19/21	State Championships @ BYU	(*Varsity Invite)
Tues, May 24	Track & Field Awards Banquet – 5:30pm (Cafeteria)	

TRAVEL REMINDERS:

- *Bus times & will be announced and listed on the team website.*
- *For all competitions not held at Corner Canyon athletes must travel to the meet on the buses provided OR with a parent.*

ITEM 4: PRACTICE SCHEDULE

OUTDOOR TRACK SEASON: TUESDAY, MARCH 2ND – SATURDAY, MAY 16TH

Mondays 2:55pm @ CCHS Track (later start allows for the coaches to meet)
 Tuesdays - Fridays 2:45pm @ CCHS Track
 Saturdays 8:30am @ CCHS Track (Mid-distance & Distance Athletes)

ITEM 5: VARSITY LETTER & COMPETITION STANDARDS

A Varsity Letter is achieved by reaching one of the Letter Standards below in addition to meeting the attendance expectations (as determined by each event coach)

GIRLS STANDARDS

GIRLS TRACK & FIELD

2022 STANDARDS

	Letter Standard	Davis Qualifying	BYU Qualifying	STATE QUALIFYING
100M	13.95	13.95	13.61	12.79
200M	28.9	28.90	28.62	26.28
400M	1:05.00	1:04.10	1:03.95	59.66
800M	2:36.00	2:39.50	2:35.50	2:20.41
1600M	5:52.00	5:52.00	5:40.70	5:11.91
3200M	12:55.00	12:42.00	12:20.00	11:25.52
100 H	19.00	18.10	17.89	15.72
300H	54.00	52.10	51.47	46.35
HJ	4' 06"	4' 06"	15' 00"	5' 01"
LJ	14' 00"	14' 06"	14' 03"	16' 04"
PV	6' 06"	7' 00"	6' 06"	9' 03"
DISCUS	65' 00"	84' 00"	87' 01"	106' 02"
JAVELIN	75' 00"	80' 00"	90' 00"	105' 08"
SHOT PUT	25' 00"	28' 10"	28' 00"	35' 04"
4x100M		TOP 16	TOP 9	50.79
4x200M		TOP 16	TOP 9	TOP 18
4x400M		TOP 16	TOP 9	4:06.52
4x800M		TOP 16	TOP 9	TOP 18

*All 100M, 200M, and 100M/110M hurdles times must be done with fully automatic timing and with wind legal conditions.

BOYS STANDARDS

BOYS TRACK & FIELD

2022 STANDARDS

	Letter Standard	Davis Qualifying	BYU Qualifying	STATE QUALIFYING
100M	11.95	11.95	11.86	11.27
200M	24.55	24.55	24.08	22.89
400M	54.00	54.00	53.50	50.78
800M	2:10.50	2:09.50	2:10.00	1:58.03
1600M	4:53.00	4:53.00	4:40.79	4:21.62
3200M	10:55.00	10:28.00	10:20.00	9:34.65
110 H	17.95	18.50	17.31	15.61
300H	46.00	45.50	44.27	40.51
HJ	5' 05"	5' 06"	5' 06"	6' 01"
LJ	18' 00"	18' 10"	19' 00"	20' 05"
PV	9' 06"	10' 02"	10' 00"	9' 6"
DISCUS	100' 00"	108' 00"	122' 00"	132' 10"
JAVELIN	120' 00"	120' 00"	137' 09"	154' 00"
SHOT PUT	38' 00"	40' 00"	40' 00"	46' 00"
4x100M		TOP 16	TOP 9	44.12
4x200M		TOP 16	TOP 9	TOP 18
4x400M		TOP 16	TOP 9	3:27.84
4x800M		TOP 16	TOP 9	TOP 18

*All 100M, 200M, and 100M/110M hurdles times must be done with fully automatic timing and with wind legal conditions.