

UHSTCA Outdoor Championships

Copper Hills High School
State Qualifying Track & Field Invitational
April 16, 2016

- Entry Fee: \$4.00 per athlete per event and \$16.00 for each relay
(\$75.00 maximum per team or \$150.00 maximum per school)
\$2.00 per spectator. Coach's passes will be accepted.
- Awards: Medals will be given to the top six finishers in individual events
and top finisher in relays.
Team trophies will be given to the meet champions and runners-up.
- Surface: Rubberized track, please use only ¼" (or shorter) pyramid spikes. Shot Put
and Discus rings are concrete. Javelin runway is grass. Pole Vault, High
Jump and Long Jump runways are Rubberized Surface.

General Meet Information:

1. Enter all athletes on runnercard.com by April 14th at 10 pm. Athletes must check in prior to all events and will receive heat and lane assignments in the bullpen at the NW end of the stadium. Field event athletes must check in with the event judge.
2. All throwing implements will be weighed and certified according to the NFSHA rules. Javelins must be the IAAF approved Javelin.
3. Flash timing system will be used for all races (timed finals).
4. Track events will be run with the fastest heat first.
5. Individuals are limited to four events. Schools are limited to five entries per event. Submit FAT times for appropriate heat placements for athletes.
6. Throwers and Jumpers will be allowed three tries (top nine to finals).
7. Schools should dress prior to arrival. Locker rooms will not be available.
8. Please only enter athletes with a realistic chance of meeting minimum marks or opening heights in the field events. Minimum marks measured will be set at:

	<u>Girls</u>	<u>Boys</u>
Discus	75'	100'
Javelin	65'	110'
Shot Put	25'	35'
Long Jump	14'	18'

9. The crossbars for the High Jump and Pole Vault will be raised as follows:
Girls HJ - 4'6, 4'8, 4'10, 5' 0, 5'1, 5'3, 5'5 and then 1"
Boys HJ - 5'7, 5'9, 5'11, 6' 0, 6'1, 6'3, 6'5 and then 1"
Girls Pole Vault – 7' 0 then raised 6" Boys 10' then raised 6" to 14' then 3"
10. Questions should be directed to Scott Stucki – scott.stucki@gmail.com

Order of Events - (Girls will compete first in all running events)

8:00 am Morning weigh-in 11:00 am Afternoon weigh-in

8:45 am Coaches meeting

Running Events

Field Events

9:00 am

9:00 am

100m /110m Hurdles

Girl's Javelin

100 m Dash

Boy's High Jump

1600m Run

Girl's Long Jump

4 X 100 m Relay

Girl's Shot Put

400 m Dash

Boys' Discus

300 m Hurdles

Pole Vault (Girl's first)

800 m Run

12:00 pm

Medley Relay

Boy's Javelin

200 m Dash

Girl's Discus

3200 m Run

Girl's High Jump

4 X 400 m Relay

Boy's Long Jump

4 X 800 m Relay

Boy's Shot Put