

**2023 UHSTCA Indoor Invitational
February 3rd & 4th @ the Olympic Ice Oval
5662 South 4800 West Cougar Lane**

DIRECTIONS: Take I-215 south to 4700 south. Go west on 4700 south to Bangerter Highway. Turn left on Bangerter and go south to 5300 south. Take a right on 5300 and go west to 4800 west. Take a left on 4800 west (Cougar Lane). The Olympic Ice Oval is on the west side of the road. You really can't miss it.

Bus parking will be at Kearns High School.

1. The cost to enter the meet is \$4 per athlete per event **if paid online**. Relays will be \$16. Individuals must pay online. Team payments will be accepted at the meet. (If coaches collect all the fees it's \$4 per event, if we collect the fees it will be \$5 per event. **Registration will be done at Runnercard.com**. Registration will close at Midnight on Wed. February 1.

Spectators will be charged \$5 per students/adults. Children under the age of 12 are free.

2. Payment must be made for all athletes entered. Athletes will receive a wrist band which is their pass for the meet and events. Athletes will need the band 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 Final call and heat and lane assignments will be made at that time. Distance Events will be pre-seeded and athletes will need to check in to receive a sticker.

4. **The first running event will start at 4:00 pm. Events will follow the order listed. There will be no time schedule. Approximate start times are listed for your reference. Athletes must pay close attention to the calls as they are made.**

5. Field events will start as soon as the one before it completes. Long jump (2 pits) and pole vault will be held at the ice oval on Friday evening.

6. Due to the high number of competitors, minimum marks will be used in the long jump 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 top relay team.

8. Six places will be scored for team competition.

9. Spikes (3/16" pyramid) 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 doesn't interfere with an event. **DO NOT WARMUP ON THE INSIDE OF THE ICE OVAL.**

11. USATF officials will be starting the meet. We will need coaches/volunteers to run all field events and help with finish line and bullpen. We also need help taking money, doing results, and handing out awards. Please let me know if you have anyone that can help, email me at scott.stucki@gmail.com.

******All athletes must sign an online waiver to use the Olympic Ice Oval.**

It can be found here: <https://waiver.smartwaiver.com/w/584304c83df93/web/> PLEASE Have them do it before they come to avoid the line.

Friday, February 3rd FIELD EVENT TIME SCHEDULE 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.

3:00 pm Check in all Field Events

4:00 pm- Girls' Long Jump 14' minimum

Girls' Pole Vault opening 7' (heights at discretion of official)

=5:30 pm- Boys' Long Jump 17' minimum

=6:30 Boy's Pole Vault (heights at discretion of official)

=8:30 pm- Boys' and Girls' Triple Jump no minimums

Friday, Feb 3 TRACK EVENT TIME SCHEDULE Heats will be run Girls than Boys, Fastest to slowest 3:00pm Track open /packet pickup (these times will be updated if possible)

=Times are approximations based on previous years – Rolling schedule – events may start earlier

4:00 pm 1600 m Run

=7:00 pm 400 m Dash

=8:45 pm 4 X 800 m Relay

Saturday, Feb 4 TRACK EVENT TIME SCHEDULE Heats will be run Girls than Boys, Fastest to Slowest for finals 8:00 am Track Open

=Times are approximations based on previous years – Rolling schedule – events may start earlier

9:00 am 60 m Hurdles prelims

=9:45 am 60 m Dash prelims

=11:15 am 4 X 200 m Relay

=12:00 pm 60 m Hurdles finals

=12:15 pm 60 m Dash finals

=12:20 pm 800 m Run

=1:15 pm 200 m Dash

=3:15 pm 3200 m Run

=5:00 pm 4 X 400 m Relay