

2016 Dixie Invitational Track and Field Meet

- Date:** Friday, April 22th 3:00 pm
Saturday, April 23th 9:00 am
- Who:** 1A-5A Track teams
- Where:** Dixie High School—St. George, Utah
350 East 700 South
- Awards:** Custom Medals 1st through 6th places open events and 1st through 3rd in relays.
- Cost:** \$90 for boys team, \$90 for girls team, or \$10 for individuals.
- Registration:** Closes Thursday, April 21th, 9:00 pm
Five athletes per event. Each school may enter one team in each relay race (no B-teams).
- Website:** Register your athletes at www.runnercard.com between March 14th and 9:00 pm April 21st.
- Note:** The Pole Vault will not be contested. Implement weigh-in will start at 2:00 pm on Friday and 8:30 am Saturday.
- Questions:** Email or call if you have any questions:
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| Paul Durrant | paul.durrant@washk12.org | 435-669-7247 |
| Lee Goodrich | lee.goodrich@washk12.org | 435-668-7740 |

Schedule of events: Girls, then boys in all running events. Distance races will be run slowest to fastest heats.

Friday 4/22 (3:00 pm)

1600 m (**Final**)
100/110 m Hurdles
100 m
400 m
300 Hurdles
200m

Field events (3:00 pm)

Girls Disc (min 70)
Girls High Jump (min 4-0)
Boys Shot (min 32)
Boys Long Jump (min 17-0)
Boys Javelin (115 ft. min)

Saturday 4/23 (9:00am) Finals

3200 m
100/110 m Hurdles
100 m
400 m Relay
400 m
300 m Hurdles
800 m
1600 m Medley Relay
200 m
1600 m Relay

Girls Shot (min 20)
Girls Long Jump (min 12-6)
Boys Disc (min 100)
Boys High Jump (min 5-0)
Girls Javelin (70 ft. min)