Snow Canyon Invitational

State Qualifying Meet

Start Times: Friday March 8th, 2019 @ 3:00 PM

 Saturday March 9th, 2019 @ 9:00 AM

Place: Snow Canyon High School Track

 1385 Lava Flow Drive, St. George, UT

Awards: Medals for top 3 finishers per event including relays and Team championship trophies

Cost:$75 per team/$150 for both or $5 per individual (least expensive)

Registration: Registration will be online through [www.runnercard.com](file:///E%3A%5CTrack%20and%20Field%5CRace%20and%20Meet%20Info%5Cwww.runnercard.com). **Deadline for entries is Thursday, March 7th, 2019 @ 11:59 pm.** Please submit legitimate times and marks for all events. **Sorry, we are unable to make race day registration changes.**

\*6 participants per team per event. Each athlete is allowed 4 events. Each team can run 2 Relay Teams per Relay but only 1 team will score and medal.

Scoring: Top 8 Places (10,8,6,5,4,3,2,1)

**The Snow Canyon Invitational has typically been one of the state’s fastest early season qualifying meets and has featured some very competitive track & field athletes. With our NEW state of the art track we look forward to having another excellent meet this year. We will be contesting the 4X200 and 4X800 this year on Friday evening.**

Please contact one of us if it is your first time at the meet, so we don’t get started without you.

Contact Info: Justin Redfearn (435)216-2101 or justin.redfearn@washk12.org

**Snow Canyon Invitational**

**March 8 & 9, 2019**

**-Schedule of Events-**

**This meet has a rolling schedule, so please listen for the announcer.**

**Friday, March 8th**

3:00 PM 1600 M Girls Fast Heat **Finals**

 1600 M Boys Fast Heat **Finals**

 1600 M Girls Heat **Finals**

 1600 M Boys Heat **Finals**

 100 M Hurdles Girls Trials

 110 M Hurdles Boys Trials

 100 M Girls Trials

 100 M Boys Trials

 400 M Girls Trials

 400 M Boys Trials

 300 M Hurdles Girls Trials

 300 M Hurdles Boys Trials

 200 M Girls Trials

 200 M Boys Trials

4X800 M Girls **Finals**

4X800 M Boys **Finals**

4X200 M Girls **Finals**

4X200 M Boys **Finals**

**Saturday March 9th (All Finals)**

9:00 AM 3200 M Girls Fast Heat **Finals**

 3200 M Boys Fast Heat **Finals**

 3200 M Girls Heat **Finals**

 3200 M Boys Heat **Finals**

 100 M Hurdles Girls

 110 M Hurdles Boys

 100 M Girls

 100 M Boys

 4X100 Girls

 4X100 Boys

 400 M Girls

 400 M Boys

 300 M Hurdles Girls

 300 M Hurdles Boys

 800 M Girls Fast Heat **Finals**

 800 M Boys Fast Heat **Finals**

 800 M Girls Heat **Finals**

 800 M Boys Heat **Finals**

 Medley Relay Girls

 Medley Relay Boys

 200 M Girls

 200 M Boys

 4X400 Relay Girls

 4X400 Relay Boys

**Friday, March 8th**

3:00 PM Girls Javelin (Min-70’0”)

3:00 PM Girls Discus (Min-60’0”)

3:00 PM Boys Shot Put (Min-30’0”)

3:00 PM Girls Long Jump (Start-11’0”)

3:00 PM Boys High Jump (Min-5’0”)

**Saturday March 9th**

10:00 AM Boys Javelin (Min-100’0”)

10:00 AM Boys Discus (Min-75’0”)

10:00 AM Girls Shot Put (Min-20’0”)

10:00 AM Boys Long Jump (Start-16’0”)

10:00 AM Girls High Jump (Min-4’0”)