

2022 Granite Invitational

State Qualifying Meet

Date: Wednesday March 30, 2020

Location: Kearns High School Track
5525 Cougar Lane, Kearns UT

Start Times: Field Events 1:00
Running Events 1:30

Cost: \$100/school. Please send or bring
payment prior to the beginning of the meet.

Registration: Registration is open and can be found at www.runnercard.com. Deadline for entries is Tuesday, March 29, 2020, at 5pm. Please submit legitimate marks for all events.

****5 participants per team per event. Each athlete is allowed 4 events.****

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

Awards: Top 6 places. T-shirts will be awarded to the Champion(s) of each event (including relays). Ribbons will be given to the 1st-6th place finishers. Overall Team Champion (boys and girls) will be awarded a traveling trophy--don't get too attached the same trophy will be up for grabs next year!

4x200: The Kearns track has yet to be repainted. Therefore, the 4x200 will be ran with a 2-turn stagger.

Concessions: Light concessions will be available. Each school will be given 4 meal tickets.

Event Assignments:

Everyone please be willing to help with the relay exchange zones.

PV: Taylorsville

Shot: Hunter

HJ: Kearns

Discus: Cyprus

LJ: ??? Hunter will if nobody else volunteers.

Javelin: Kearns

Weigh Ins: Weigh ins will take place near the finish line by the track shed from 12-12:30.

Starting Heights: Starting heights and progressions will be as follows:

Girls Pole Vault- 6'06, 7'00, 7'06, 8'00, 8'06, 9'0, 9'06, etc.

Boys Pole Vault- 8'06, 9'00, 9'06, 10'00, 10'06, 11'00, 11'06, etc.

Girls High Jump- 4'00, 4'02, 4'04, 4'06, 4'08, 4'10, 4'11, 5'0, etc.

Boys High Jump- 5'00, 5'02, 5'04, 5'06, 5'08, 5'10, 5'11, 6'0, etc.

Contact Info: Emily Williams ewilliams@graniteschools.org

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Granite Invitational

Meet Schedule

This will be a rolling schedule. Running events will begin at 1:30 Girls, followed by the boys. Heats will be seeded slow to fast.

4x800 M Relay

100mH Girls / 110mH Boys

100 M Dash

4x200 M Relay

1600 M Run

4x100 M Relay

400 M Dash

300 M Hurdles

800 M Dash

200 M Dash

3200 M Run

4x400 M Relay

Field Events-

All field events will **BEGIN** at 1:00. This means warm-ups for first flight will begin 15-20 minutes beforehand. Please have your athletes there and ready so we can start on time.

Girls Discus... Boys to Follow

Girls High Jump... Boys to Follow

Boys Shot... Girls to Follow

Boys Javelin... Girls to Follow

Boys Long Jump... Girls to Follow

Girls Pole Vault... Boys to Follow