

# CAVEMAN TRACK & FIELD



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## CAVEMEN CLASSIC

**Date:** Friday, April 30<sup>th</sup>, 2:00 p.m.

**Open to:** 1A - 6A Track Teams (limited to 12 total teams)

**Location:** American Fork High School, 510 N Cavemen Blvd, American Fork, UT 84003

**Registration/Fees:** Registration will be posted on [runnercard.com](http://runnercard.com) and will close the **28th of April at Midnight**. Please only enter athletes you know will be competing!

\$100.00 per team/\$200 for both boys' and girls' team. Payment can be made on [myschoolfees.com](http://myschoolfees.com).

Each team will be allowed six (6) athletes in running events, and five (5) in field events and one (1) relay team per relay event. A single athlete can compete in up to 4 events.

**Awards:** Awards will be given to the top 6 finishers in individual events and the top 2 finishers in relays as well as a team trophy for the 1<sup>st</sup> place teams.

**Note:** Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the north end of the stadium under the west bleachers from 1:00 to 2:00. Make sure your athletes are using the IAAF javelins.

- Throwers and Jumpers will be allowed three tries (top nine to finals).
- All running events will be timed finals and heats will run fast to slow.
- We will NOT be competing medley relay.
- We WILL be competing the 4x200 and 4x800 and the 4x200 will be run with a **4-turn stagger**.
- Javelin is a grass runway and is located on the field just south of the main building and parking lot.
- Spectators must wear masks on entry and exit of the facility as well as during the meet. Those sitting at least 6 feet from others may remove the mask.
- Be mindful of social distance with team tent sites.

Each team participating will be asked to help run the meet in some capacity. Assignments will be emailed out to the coaches.

**Meet Contact:**

Brett Myrup (435) 512-3116

email: [bmyrup@alpinedistrict.org](mailto:bmyrup@alpinedistrict.org)

**Running Events**  
**Friday, April 30<sup>th</sup>**

2:00 PM

**Finals**

4x200 M Girls  
4x200 M Boys  
4x800 M Girls  
4x800 M Boys  
100 M Hurdles Girls  
110 M Hurdles Boys  
100 M Girls  
100 M Boys  
1600 M Girls  
1600 M Boys  
400 M Girls  
400 M Boys  
300 M Hurdles Girls  
300 M Hurdles Boys  
4x100 M Girls  
4x100 M Boys  
800 M Girls  
800 M Boys  
200 M Girls  
200 M Boys  
3200 M Girls  
3200 M Boys  
4x400 M Girls  
4x400 M Boys

**Field Events (Weigh-In 1:00 – 2:00)**  
**Friday, April 30<sup>th</sup>**

2:00 PM Girls Javelin (Min-60'0")  
2:00 PM Boys Discus (Min-90'0")  
2:00 PM Girls Shot Put (Min-25'0")  
2:00 PM Girls Long Jump (Min-12'6")  
2:00 PM Boys High Jump (Start-5'5")  
2:00 PM Boys/Girls Pole Vault  
(Start-7')

Immediately followed by:

Boys Javelin (Min-100'0")  
Girls Discus (Min-60'0")  
Boys Shot (Min-35'0")  
Boys Long Jump (Min-17')  
Girls High Jump (Start-4'5")