



Monday, 4/22/24 at American Heritage School in American Fork

Order of TRACK Events

Girls first, then Boys

5:00PM 1500M run
 100M dash
 400M dash
 4 x 100M relay
 800M run
 200M dash
 4 x 400M relay

FIELD Events (open pit)

5:00-6:30PM Long Jump: 10 and under

5:00-6:30PM Shot Put: ages 10 and under

6:30-8:00PM Long Jump: ages 11 and older

6:30-8:00PM Shot Put: ages 11 and older

PLEASE NOTE:

- *This is a rolling schedule. We will move ahead whenever possible.
- *Please get a bib sticker from your coach before your first event.
- *At first call, make your way to the starting line to check-in.
- *In all running events, the youngest will go first and girls will be followed by boys.
- *"Open pit" means that you may get your marks at any time during the time frame as long as you are in that age division.
- *We will end the meet with a coaches/parents/family 4x100M division! Please email nate@utahspeedacademy.com if interested!
- *The infield will be primarily closed to everyone except athletes, officials and volunteers.

REGISTRATION:

- Registration will be done through Athletic.net
<https://www.athletic.net/TrackAndField/meet/553527/register>
- All athletes must register ahead of time, registration will close Saturday, April 20th, 2024 at 11:50pm.
- We will NOT have day of registration
- Cost of meet is \$5/event
- Coaches must register their relay teams

Year of Birth Age Division

born 2016+: 8 & Under

born 2014-2015: 9-10

born 2012-2013: 11-12

born 2010-2011: 13-14

born 2008-2009 15-16

- You do not need to register for relays. If you are planning on running in a relay talk to your coach they will register those.