



## Shock Invite

Taylorsville High School

5225 S Redwood Rd, Taylorsville, UT 84123

Saturday, May 25 · 8:30AM

### Order of TRACK Events

9:00 AM      1500M run  
                  80M hurdles - ages 11-12  
                  100M hurdles - ages 13 & older  
                  110M hurdles - ages 15 & older  
                  100M dash  
                  400M dash  
                  4 x 100M relay  
                  800M run  
                  200M dash  
                  3000M run - age 11+  
                  200M hurdles - ages 13 & 14  
                  400M hurdles - ages 15+  
                  4 x 400M relay

### FIELD Events (open pit\*)

8:30-10:30 AM Long Jump: 10 and under  
8:30-10:30 AM Shot Put: ages 10 and under  
8:30-10:30 AM Javelin: ages 11 and older  
8:30-10:30 AM High Jump: - session #1 (The bar will begin at 3'2" for both sessions of HJ. Choose which session will work best for your athlete's schedule.)  
10:30 AM-12:30 PM Long Jump: ages 11 and older  
10:30 AM-12:30 PM Shot Put: ages 11 and older  
10:30 AM-12:30 PM Javelin: ages 10 and younger

10:30 AM-12:30 PM High Jump: - session #2 (The bar will begin at 3'2" for both sessions of HJ. Choose which session will work best for your athlete's schedule.)

\*When possible, please have your athletes participate in field events in the designated time slots. If an athlete cannot due to the timing of running races, we will make sure their jumps and throws are measured and counted.

### **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.
- The infield will be primarily closed to everyone except athletes, officials, and volunteers.

### **REGISTRATION:**

- **Registration will be done through Athletic.net.**
- [REGISTER HERE thru Athletic.net](#)
- **If you are new to Athletic.net [CLICK HERE](#) for step-by-step instructions.**
- All athletes must register ahead of time, registration will close at 7:30 PM on Friday, May 24th.
- **There will be NO day-of registration.**
- Cost of the meet is \$8 per event or \$12 per relay team.
- Coaches must register their relay teams separately from individual events (see below)

### **AGE DIVISIONS:**

- born 2016+: 8 & Under
- born 2014-2015: 9-10
- born 2012-2013: 11-12
- born 2010-2011: 13-14
- born 2008-2009: 15-16
- born 2006-2007: 17-18
- Born 2005-: OPEN/Masters

### **RELAYS:**

Coaches will register USATF relay teams separate from individual events on Athletic.net. Fee is \$12 per relay team. Parents should not register their athletes for relays.

### **RULES & CONDUCT:**

USA Track & Field Competition Rules will govern. Coaches and parents are responsible for the conduct of their athletes. Failure to maintain proper control or display good sportsmanship may result in the removal of a team or individual from further competition, or the expulsion of a coach, parent, or spectator. Once the meet begins, only competing athletes and working officials will be allowed on the track or infield, except in the case of medical emergencies.

**EQUIPMENT:**

The maximum spike length allowed for running and field events is 1/4". Absolutely no needle nose or Christmas tree spikes will be permitted. This will be strictly enforced. Athletes with spikes that do not meet this requirement will not be admitted to their event.

**ATHLETE CHECK-IN:**

Any athlete not checked-in by the last call for their event will be automatically scratched.