



Cedar Invitational

State Qualifying Track & Field Invitational
April 29, 2023

- Where: Cedar High School
703 West 600 South, Cedar City, UT
- Who: All 1A - 5A Schools.
- Time: Saturday, April 29th - 9:00 AM
- Awards: Medals will be given to the top three finishers in individual events and top finisher in relays. T-shirts will also be given to the winning athlete in each event.
- Cost: \$80.00 per team, \$150 for both or \$5.00 per athlete. Entry fees can be paid at the coaches meeting. (No Cash) Invoices will be available. Checks can also be sent in after the invitational.
- Registration: Registration will be online at www.runnercard.com. **Deadline for entries will be Thursday, April 27, 2023 at 8:00 PM.** All seed marks used to qualify must come from state qualifying meets in Utah this year. Sorry, we are unable to make race day registration changes.
- Entries Fifty (50) entries per gender per team, four events per athlete and one relay team per team.
- Scoring: Top 8 places: 10, 8, 6, 5, 4, 3, 2, 1
- General Info: All contestants shall check-in at the bullpen for their events.
All running events will be run girls followed by boys.
Races greater than 800 meter will be started in alleys.
4x200 meter relay will be run with a four-turn stagger.
4x400 meter relay will be run with a three-turn stagger.
Rubberized track, please use only ¼" (or shorter) pyramid spikes. Shot Put and Discus rings are concrete. Javelin runway is grass. High Jump and Long Jump runways are Rubberized Surface.
Attempts in the field events will not be measured if under the minimum mark
The Javelin and Discus will be contested on the infield; therefore, the infield will be closed
Cedar Invitational T-Shirts will be sold for \$10.
There will be a coaches meeting held at 8:30 at the bull pen
- Contact Info: James Davidson: james.davidson@ironmail.org or 435-586-2820

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Schedule of Events

Saturday, April 29th, 2023

Starts at 9:00am, listed times are approximate.

Running Events:

9:00am 4 x800m Relay
9:24am 100/110 Hurdles Trials
9:51am 100m Dash Trails
10:37am 4x100m Relay
10:50am 400m Dash
11:16am 3200m Run
11:52am 200m Dash Trails

Break

1:00pm Medley Relay
1:12pm 100/110 Hurdles Finals
1:22pm 100m Dash Finals
1:28pm 800m Run
1:54pm 4x200m Relay
2:04pm 300m Hurdles
2:34pm 200m Dash Finals
2:40pm 1600m Run
3:14pm 4x400m Relay

9:00am Field Events:

Boys Javelin (105 ft. minimum)
Boys Shot (32 ft. minimum)
Boys Long Jump (15 ft. minimum)
Girls Discus (70 ft. minimum)
Girls High Jump (starts at 4'2")

12:00pm Field Events:

Boys High Jump (starts at 5'2")
Boys Discus (90 ft. minimum)
Girls Long Jump (12 ft. minimum)
Girls Shot (22 ft. minimum)
Girls Javelin (75 ft. minimum)

* All running events will be run girls followed by boys.