

CAVEMAN TRACK & FIELD



CAVEMAN CLASSIC

Date: Friday, April 21st, 2:00 p.m.

Open to: 1A - 6A Track Teams (limited to 13 total teams)

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

Registration/Fees: Registration will be posted on runnercard.com and will close the **19th of April at Midnight**. Please only enter athletes you know will be competing! The cost is \$100.00 per team/\$200 for both boys' and girls' team. Payment can be made on myschoolfees.com or bring a check to the meet.

- Each team can register **six (6)** athletes in running events. If more than 72 register in an event, we will scratch all times outside the top 72. Please only register athletes that are sure to be there.
- Each team can register **five (5)** athletes in field events. If more than 60 register in an event, we will scratch all marks outside the top 60. Please only register athletes that are sure to be there.
- Each team is allowed **one (1)** relay team per relay event.

Awards: Awards will be given to the top 3 finishers in individual events, the top team in relay events as well as a team trophy for the 1st place teams.

Note: Please note the only 1/4" (or shorter) pyramid spikes should be used. 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 the 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.

Each team participating will be asked to help run the meet in some capacity. Assignments will be emailed out to the coaches. Please be ready to start your assignment on time and have enough help to run it efficiently.

Meet Contact: Brett Myrup (435) 512-3116

email: bmyrup@alpinedistrict.org

Running Events
Friday, April 21st

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 21st

2:00 PM Girls Javelin (Min-60'0")
2:00 PM Boys Discus (Min-90'0")
2:00 PM Girls Shot Put (Min-20'0")
2:00 PM Girls Long Jump (Min-12'0")
2:00 PM Boys High Jump (Start-5'4")
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-30'0")
Boys Long Jump (Min-17')
Girls High Jump (Start-4'3")