Copper Hills Invitational 2015

Date:

March 28th

Location:

Copper Hills High School

5445 W. New Bingham Highway

West Jordan, Utah

Events will begin at 9:00

Teams:

15 to 20 teams that have been invited.

Meet Information and Entry Instructions

1. This is a state qualifying meet.
2. There will be a $110 entry fee per school ($55 per team)($5 per individual)( Please make checks out to Copper Hills High School). There will be an entry fee of $2 per spectator age 12 or over. (Coaches passes will be acceptable.)
3. Entries must be submitted on Runnercard.com and are due March 26th by 11:00 pm. The password to access the event is “ursus”.
4. Each team will only be allowed to enter 5 athletes per event.
5. We will score 8 places: 10-8-6-5-4-3-2-1
6. Awards: medal the top six in each individual event and the top two relay teams. Trophies to the top three teams
7. The crossbars for the High Jump and the Pole Vault will be raised as follows:

Girls HJ - 4'05", 4'07", 4’09”, 4’11”, 5' 01", 5'03" one inch thereafter.

Boys HJ - 5' 05", 5’07”, 5’09”, 5' 11", 6' 00", 6’01”, 6' 03" one inch thereafter.

Girls Pole Vault- 6' 00", 6' 06", 7' 00", 7' 06", 8' 00", 8' 06"…….

Boys Pole Vault - 9' 00", 9' 06", 10' 00", 10' 06", 11' 00", 11' 06", 12' 00", 12' 02", 12’06”,13' 00" three inches thereafter.

We will count the girls pole vault in the girls team total.

1. Minimum marks measured will be set as follows:

Girls Boys

Discus 60' 90' Javelin 60' 100'

Shot Put 25' 35'

Long Jump 12'6" 17'

1. All running events will be a timed final. Lane assignments will be determined by times submitted. Please submit each athletes time based, first on this year’s performance, please convert any hand times appropriately. We want the fastest athletes in the preferred lanes and heat, so please provide the most accurate information possible.
2. Athletes report to their event at first call. For running events, they must report to the bull pen located on the north side of the home bleachers.
3. In the distance races the top 14 athletes will run in the fast heat (first), and the remainder will be separated into heats of 18.
4. Using Flash Timing System for FAT times
5. Concessions will be available for purchase.

Event schedule (we will run through the events as quickly as possible)

8:30 Coaches Meeting

Running Events (we will run through the events as quickly as possible)

9:00 Girls 100 m Hurdles

Boys 110 m Hurdles

Girls 100 m Dash

Boys 100 m Dash

Girls 1600 m Run

Boys 1600 m Run

Girls 4x100 m Relay

Boys 4x100 m Relay

Girls 400 m Run

Boys 400 m Run

Lunch Break (20 min)

Girls 300 m Hurdles

Boys 300 m Hurdles

Girls 800 m Run

Boys 800 m Run

Girls Medley Relay

Boys Medley Relay

Girls 200 m Dash

Boys 200 m Dash

Girls 3200 m

Boys 3200 m

Girls 4x400 M Relay

Boys 4x400 M Relay

Field Events

Afternoon events will start at 12:00 pm or 30 minutes after the morning event whichever comes first.

9:00 Girls High Jump 12:00 Boys High Jump

Boys Long Jump Girls Long Jump

Girls Shot Put Boys Shot Put

Girls Javelin Boys Javelin

Boys Discus Girls Discus

Girls Pole Vault Boys Pole Vault