



2010 State Track & Field Championships

*May 14-15, 2010 Clarence Robison Track & Field Stadium
Brigham Young University, Provo, Utah*

Meet Information

U.S. Bank, Les Schwab Tires and the Utah High School Activities Association are pleased to present the 2010 State Track & Field Championships on Friday & Saturday, May 14 & 15, 2010 hosted at Clarence Robison Track & Field Stadium on the campus of Brigham Young University in Provo, Utah. **The following information should be read and followed carefully.**

Entries

Subject to rule 4-2, each school will be allowed to enter all contestants who have qualified either by place at their region meet or by standard at a sanctioned state qualifying meet (region meets are sanctioned state qualifying meets). A school may enter only one qualified relay team in each of the relay events. A competitor shall not compete in more than four events, **including** relays. A contestant shall not be entered in more than four events, **excluding** relays. (NFHS Track & Field Rules Book 4-2)

Individual schools are responsible to enter their own contestants. Regions do not submit entries. The entry for this meet will be accomplished through the Runnercard web-site at www.runnercard.com. The access code to be able to enter the meet is:
state2010

Entries are due by 12:00 noon, Monday May 10.

A contestant is entered in the state meet when an official entry has been submitted by the coach and verified by the UHSAA. This means that region meets are non-declaratory.

Entries must include the qualifying mark to be valid. Only a valid qualifying mark should be submitted. When entering contestants, the name of the qualifying meet and date the mark was achieved are to be entered in the appropriate boxes. If the qualification is by place at region enter the name of the region and the place (for example Region 8, 3rd). If a contestant qualified by place at the region meet, their valid qualifying mark is the one they achieved in winning that place at the region meet. If the contestant qualified by standard, their valid qualifying mark is the one they achieved in meeting the standard at a sanctioned state qualifying meet.

Entries will be closed at noon on Monday, May 10. A list of all entries with qualifying marks will be posted on the Runnercard site. The site may be accessed through either the Boys' or Girls' Track and Field pages on the UHSAA web-site at www.uhsaa.org

Instructions for entering contestants may be accessed at:

<http://www.uhsaa.org/btrack/RunnercardInstructions.pdf>

Entry Verification

Coaches should carefully inspect the list of entries. Qualifying marks may be challenged until 10:00 p.m. on Tuesday, May 11.

BYU Track Open at 6:00 am Friday, May 14

No practice is allowed at the BYU Track & Field Facility within two weeks of the state meet. This means that at the conclusion of the BYU Invitational no athlete may be in the stadium area at all until the facility is open on the Friday morning of the state meet. This includes setting up tents or shade tarps.

Team Packets and Check-in

Team packets will be available at the team check-in table set up in the southwest corner of the parking lot (45) across the street north of the track facility and immediately south of the football stadium. Packets will include the number of tickets for athletes entered in the meet only. Tan tickets will be used for athlete admission on Friday and orange tickets will be used for athlete admission on Saturday. Coaches will be admitted with their UHSAA pass through the athletes' entrance located on the fence on the north side of the track facility. UHSAA passes will also be honored at the main spectator entrance on the West side of the facility. A pass may only be used one time per day.

Athlete Event Check-in

All contestants shall **check-in** at the bull pen for their events upon the **first call** for that event. Contestants need not remain at the bull pen after check-in. Contestants shall **report** at the bull pen on the **third call** for their event(s). Only contestants and meet officials are allowed in the bull pen. Coaches, parents, non-contestants, etc. are not allowed in the bull pen. Contestants will be required to remain in the bull pen once they report. Competitors will be escorted from the bull pen to their events. The only access to competition areas will be through the bull pen. If a competitor in a field event needs to be excused to compete in a running event, permission from the field event judge must be obtained. A competitor thus excused must return in a reasonable time. The games committee may impose time limits for return. It is recommended that competitors in conflicting field and running events use a proxy to check in at the bull pen and obtain hip numbers. When it is time to run, the competitor must still get permission from the field event judge to leave the field event competition and compete in the running event.

Trials and Finals Qualification

Trials will be held in the following running events: 100M, 110M and 300M hurdles; 100M, 200M and 400M dashes; 3A,4A,5A 4x100M relay; 4A & 5A Medley & 4x400M relays. The nine (9) fastest times will advance to the finals in each of these events. Any necessary run-offs will be scheduled by the games committee. In the shot put, discus, javelin and long jump the top nine performances in the trials will qualify for the finals. Finals only will be held in the 800M, 1600M, 3200M, High Jump, Pole Vault, all 1A & 2A relays and 3A Medley & 4x400M relays. In all relays in which finals only are run, if the number of entrants exceeds the number of lanes the final will be run in sections. Places will be determined by time from both sections.

Pole Vault

The pole vault will be a team scoring event in the boys' 2A and 5A classifications only. The 2A and 5A pole vault events will be held individually for those classifications. The pole vault is a coeducational event. Therefore females may compete with males and

any team points scored will accrue to the boys' team. The 1A, 3A and 4A pole vault events will be held simultaneously. Places will be determined and awarded for each of those classifications individually.

Bus Parking and Team Drop Off

Bus parking is in lot 45 west of the football stadium and in lot 48 south of the football stadium. Busses are to unload in one of these parking lots. **Busses are not to drop off teams on any road** and are not to block traffic ways within parking lots to unload or park.

Implement Weigh-in and Inspection

The weigh-in and inspection station is located under the bull pen tent. Following weigh-in and inspection all legal implements will be marked and returned. Illegal implements will be impounded until the conclusion of the event. The weigh-in and inspection station will be open from 7:00 a.m. until 3:30 p.m.

Track Composition and Spike Requirements

The BYU track and field stadium is a world class facility, constructed with a state of the art Mondo Super X surface. In addition to the track, the high jump, pole vault, long jump, and javelin runways are the Mondo surface. **Only pyramid spikes no longer than ¼ inch (9 mm) will be allowed on surfaced areas.** Spikes will be checked at the bull pen. The Discus and Shot Put rings are concrete.

Awards

In individual events the top six place-winners will be awarded medals. For relays the four members of the 1st place relay teams will receive medals. Trophies will be awarded to the first and second place boys' and girls' teams in each classification. Medals will be presented at the awards stand following finals in each event. Some of the medals from Friday's finals will be awarded on Saturday. Academic All-state awards will be presented during the mid-day break on Saturday.

Spectator Admission

Admission prices are \$5.00 for adults and \$4.00 for students each day. Spectators will be admitted through the west gate.

Team Scoring

In both individual events and relays 8 places will be scored: 10-8-6-5-4-3-2-1.

General Information

1. After completion of each field event, all javelins, shot puts, discus, vaulting poles, etc. must be removed from the field.
2. The 4x400 Meter Relay will be run in lanes the first **three** turns.
3. Each competitor will have three attempts in the trials of the shot put, discus, javelin, and long jump. The nine qualifiers for the finals will each have an additional three attempts.

4. In the high jump the cross bar will be raised 2” five times and then 1” thereafter. In the pole vault the cross bar will be raised 6” five times and then 3” thereafter. Starting heights are as follows:

Boys' High Jump: 1A=5’7” 2A=5’6” 3A=5’8” 4A=5’9” 5A=5’10”

Girls' High Jump: 1A=4’4” 2A=4’5” 3A=4’8” 4A=4’9” 5A=4’8”

Boys' Pole Vault: 1A,3A,4A=8’0” 2A=10’0” 5A=11’6”

Preferred Lanes

In the 200 M. Dash, 400 M. Dash and 4x100 M. Relay preferred lanes are as follows:
1st:lane 4, 2nd:lane 5, 3rd:lane 6, 4th:lane 3, 5th:lane 7, 6th:lane 2, 7th:lane 8, 8th:lane 1, 9th:lane 9

In the 100 M. Hurdles, 110 M. Hurdles and 100 M. Dash preferred lanes are as follows:

1st:lane 5, 2nd:lane 4, 3rd:lane 6, 4th:lane 3, 5th:lane 7, 6th:lane 2, 7th:lane 8, 8th:lane 1, 9th:lane 9

In the Medley and 4x400 Meter relays preferred lanes are as follows:

1st:lane 1, 2nd:lane 2, 3rd:lane 3, 4th:lane 4, 5th:lane 5, 6th:lane 6, 7th:lane 7, 8th:lane 8, 9th:lane 9

Coaches' Verification

Rule 3-4-8 states, “Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- a. All team members are expected to exhibit good sporting conduct.
- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are legally equipped (uniform, equipment, and no jewelry) in compliance with these rules.

c. Any special circumstances, procedures and information pertaining to the meet.” This information is the written communication to the coaches and captains. The act of entering contestants into the meet through the RunnerCard system is considered to be a coach’s verification in accordance with item “b” above.

Coaches, please review rule 4 *Competitors and Competition* with your student athletes prior to the meet. Particular attention to section 3 regarding the uniform is highly recommended as it will be enforced as written at the state meet. It is the responsibility of the coach and their competitor to make sure competitors compete in a legal uniform. Meet officials may warn but are neither responsible nor required to warn of uniform violations prior to disqualification of a competitor from an event.



2010 UHSAA State Track & Field Championships

Field Event Schedule

Friday Field Events

Event Time	1A	2A	3A	4A	5A
8:00 AM	Boys' High Jump	Girls' Javelin	Boys' Discus	Girls' Shot Put	Girls' Long Jump
9:00 AM		Pole Vault			
10:00 AM	Girls' Long Jump	Boys' High Jump	Girls' Javelin	Boys' Discus	Girls' Shot Put
12:00 PM	Girls' Shot Put	Girls' Long Jump	Boys' High Jump	Girls' Javelin	Boys' Discus
1:00 PM					Pole Vault
2:00 PM	Boys' Discus	Girls' Shot Put	Girls' Long Jump	Boys' High Jump	Girls' Javelin
4:00 PM	Girls' Javelin	Boys' Discus	Girls' Shot Put	Girls' Long Jump	Boys' High Jump

Saturday Field Events

Event Time	1A	2A	3A	4A	5A
8:00 AM	Girls' High Jump	Boys' Javelin	Girls' Discus	Boys' Shot Put	Boys' Long Jump
9:00 AM	Pole Vault		Pole Vault	Pole Vault	
10:00 AM	Boys' Long Jump	Girls' High Jump	Boys' Javelin	Girls' Discus	Boys' Shot Put
12:00 PM	Boys' Shot Put	Boys' Long Jump	Girls' High Jump	Boys' Javelin	Girls' Discus
2:00 PM	Girls' Discus	Boys' Shot Put	Boys' Long Jump	Girls' High Jump	Boys' Javelin
4:00 PM	Boys' Javelin	Girls' Discus	Boys' Shot Put	Boys' Long Jump	Girls' High Jump

2010 UHSAA State Track & Field Championships

May 14-15, 2010 Brigham Young University

Friday Trials & Finals

Event	Heats	Check-in	Start
G 1600	5A Finals 1	7:10 AM	7:30 AM
	4A Finals 1	7:18 AM	7:38 AM
	3A Finals 1	7:26 AM	7:46 AM
	2A Finals 1	7:34 AM	7:54 AM
	1A Finals 1	7:42 AM	8:02 AM
B 1600	5A Finals 1	7:52 AM	8:12 AM
	4A Finals 1	7:59 AM	8:19 AM
	3A Finals 1	8:06 AM	8:26 AM
	2A Finals 1	8:13 AM	8:33 AM
	1A Finals 1	8:20 AM	8:40 AM
G 100H	1A Trials 2	8:30 AM	8:50 AM
	2A Trials 2	8:35 AM	9:05 AM
	3A Trials 2	8:40 AM	9:00 AM
	4A Trials 2	8:45 AM	9:05 AM
	5A Trials 2	8:50 AM	9:10 AM
B 110H	1A Trials 2	8:58 AM	9:18 AM
	2A Trials 2	9:03 AM	9:23 AM
	3A Trials 2	9:08 AM	9:28 AM
	4A Trials 2	9:13 AM	9:33 AM
	5A Trials 2	9:18 AM	9:38 AM
G 100	1A Trials 3	9:27 AM	9:47 AM
	2A Trials 2	9:33 AM	9:53 AM
	3A Trials 2	9:37 AM	9:57 AM
	4A Trials 3	9:41 AM	10:01 AM
	5A Trials 2	9:47 AM	10:07 AM
B 100	1A Trials 3	9:53 AM	10:13 AM
	2A Trials 2	9:59 AM	10:19 AM
	3A Trials 3	10:03 AM	10:23 AM
	4A Trials 3	10:09 AM	10:29 AM
	5A Trials 3	10:15 AM	10:35 AM
G 4x100	3A Trials 2	10:35 AM	10:55 AM
	4A Trials 2	10:41 AM	11:01 AM
	5A Trials 2	10:47 AM	11:07 AM
B 4x100	3A Trials 2	10:54 AM	11:14 AM
	4A Trials 3	11:00 AM	11:20 AM
	5A Trials 2	11:09 AM	11:29 AM
G 400	1A Trials 3	11:17 AM	11:37 AM
	2A Trials 2	11:26 AM	11:46 AM
	3A Trials 2	11:32 AM	11:52 AM
	4A Trials 3	11:38 AM	11:58 AM
	5A Trials 2	11:47 AM	12:07 PM
B 400	1A Trials 3	11:55 AM	12:15 PM
	2A Trials 2	12:04 PM	12:24 PM
	3A Trials 2	12:10 PM	12:30 PM
	4A Trials 3	12:16 PM	12:36 PM
	5A Trials 2	12:25 PM	12:45 PM

Event	Heats	Check-in	Start
Potential Runoff	1	12:29 PM	12:49 PM
G 300H	1A Trials 2	12:59 PM	1:19 PM
	2A Trials 2	1:08 PM	1:28 PM
	3A Trials 2	1:15 PM	1:35 PM
	4A Trials 2	1:19 PM	1:39 PM
	5A Trials 2	1:25 PM	1:45 PM
B 300H	1A Trials 2	1:33 PM	1:53 PM
	2A Trials 2	1:37 PM	1:57 PM
	3A Trials 2	1:41 PM	2:01 PM
	4A Trials 3	1:45 PM	2:05 PM
	5A Trials 2	1:49 PM	2:09 PM
G Medley	1A Finals 2	2:03 PM	2:23 PM
	2A Finals 1	2:19 PM	2:39 PM
	3A Finals 2	2:27 PM	2:47 PM
	4A Trials 3	2:43 PM	3:03 PM
	5A Trials 2	3:05 PM	3:25 PM
B Medley	1A Finals 2	3:21 PM	3:41 PM
	2A Finals 1	3:36 PM	3:56 PM
	3A Finals 2	3:43 PM	4:03 PM
	4A Trials 3	3:58 PM	4:18 PM
	5A Trials 3	4:18 PM	4:38 PM
G 200	1A Trials 3	4:38 PM	4:58 PM
	2A Trials 2	4:45 PM	5:05 PM
	3A Trials 3	4:49 PM	5:09 PM
	4A Trials 3	4:56 PM	5:16 PM
	5A Trials 2	5:03 PM	5:23 PM
B 200	1A Trials 3	5:07 PM	5:27 PM
	2A Trials 2	5:14 PM	5:34 PM
	3A Trials 3	5:18 PM	5:38 PM
	4A Trials 3	5:25 PM	5:45 PM
	5A Trials 2	5:32 PM	5:52 PM
G 4x400	4A Trials 2	5:42 PM	6:02 PM
	5A Trials 2	5:57 PM	6:17 PM
B 4x400	4A Trials 2	6:10 PM	6:30 PM
	5A Trials 2	6:21 PM	6:41 PM

Saturday Finals

Event	Heats	Check-in	Start
G 3200	1A 1	7:40 AM	8:00 AM
	2A 1	7:57 AM	8:17 AM
	3A 1	8:13 AM	8:33 AM
	4A 1	8:28 AM	8:48 AM
	5A 1	8:43 AM	9:03 AM
B 3200	1A 1	8:59 AM	9:19 AM
	2A 1	9:14 AM	9:34 AM
	3A 1	9:27 AM	9:47 AM
	4A 1	9:40 AM	10:00 AM
	5A 1	9:52 AM	10:12 AM
G 100H	1A 1	10:08 AM	10:28 AM
	2A 1	10:11 AM	10:31 AM
	3A 1	10:13 AM	10:33 AM
	4A 1	10:16 AM	10:36 AM
	5A 1	10:18 AM	10:38 AM
B 110H	1A 1	10:23 AM	10:43 AM
	2A 1	10:25 AM	10:45 AM
	3A 1	10:27 AM	10:47 AM
	4A 1	10:29 AM	10:49 AM
	5A 1	10:31 AM	10:51 AM
G 100	1A 1	10:38 AM	10:58 AM
	2A 1	10:41 AM	11:01 AM
	3A 1	10:44 AM	11:04 AM
	4A 1	10:46 AM	11:06 AM
	5A 1	10:48 AM	11:08 AM
B 100	1A 1	10:51 AM	11:11 AM
	2A 1	10:53 AM	11:13 AM
	3A 1	10:56 AM	11:16 AM
	4A 1	10:58 AM	11:18 AM
	5A 1	11:01 AM	11:21 AM
G 4x100	1A 2	11:06 AM	11:26 AM
	2A 2	11:15 AM	11:35 AM
	3A 1	11:24 AM	11:44 AM
	4A 1	11:28 AM	11:48 AM
	5A 1	11:33 AM	11:53 AM
B 4x100	1A 2	11:37 AM	11:57 AM
	2A 1	11:46 AM	12:06 PM
	3A 1	11:50 AM	12:10 PM
	4A 1	11:55 AM	12:15 PM
	5A 1	11:59 AM	12:19 PM
G 400	1A 1	12:04 PM	12:24 PM
	2A 1	12:07 PM	12:27 PM
	3A 1	12:10 PM	12:30 PM
	4A 1	12:13 PM	12:33 PM
	5A 1	12:16 PM	12:36 PM
B 400	1A 1	12:20 PM	12:40 PM
	2A 1	12:23 PM	12:43 PM
	3A 1	12:26 PM	12:46 PM
	4A 1	12:29 PM	12:49 PM
	5A 1	12:32 PM	12:52 PM

Event	Heats	Check-in	Start
Academic All-State		12:46 PM	1:06 PM
G 300H	1A 1	1:51 PM	2:11 PM
	2A 1	1:54 PM	2:14 PM
	3A 1	1:57 PM	2:17 PM
	4A 1	2:00 PM	2:20 PM
	5A 1	2:03 PM	2:23 PM
B 300H	1A 1	2:07 PM	2:27 PM
	2A 1	2:10 PM	2:30 PM
	3A 1	2:13 PM	2:33 PM
	4A 1	2:16 PM	2:36 PM
	5A 1	2:19 PM	2:39 PM
G 800	1A 1	2:26 PM	2:46 PM
	2A 1	2:31 PM	2:51 PM
	3A 1	2:36 PM	2:56 PM
	4A 1	2:41 PM	3:01 PM
	5A 1	2:46 PM	3:06 PM
B 800	1A 1	2:51 PM	3:11 PM
	2A 1	2:56 PM	3:16 PM
	3A 1	3:01 PM	3:21 PM
	4A 1	3:06 PM	3:26 PM
	5A 1	3:11 PM	3:31 PM
G Medley	4A 1	3:18 PM	3:38 PM
	5A 1	3:23 PM	3:43 PM
B Medley	4A 1	3:39 PM	3:59 PM
	5A 1	3:42 PM	4:02 PM
G 200	1A 1	4:08 PM	4:28 PM
	2A 1	4:10 PM	4:30 PM
	3A 1	4:13 PM	4:33 PM
	4A 1	4:15 PM	4:35 PM
	5A 1	4:18 PM	4:38 PM
B 200	1A 1	4:21 PM	4:41 PM
	2A 1	4:23 PM	4:43 PM
	3A 1	4:25 PM	4:45 PM
	4A 1	4:28 PM	4:48 PM
	5A 1	4:30 PM	4:50 PM
G 4x400	1A 2	4:36 PM	4:56 PM
	2A 1	4:46 PM	5:06 PM
	3A 2	4:52 PM	5:12 PM
	4A 1	5:02 PM	5:22 PM
	5A 1	5:08 PM	5:28 PM
B 4x400	1A 2	5:14 PM	5:34 PM
	2A 1	5:24 PM	5:44 PM
	3A 2	5:30 PM	5:50 PM
	4A 1	5:40 PM	6:00 PM
	5A 1	5:46 PM	6:06 PM