

2023 Grizzly Invitational

Schedule of Events

Running Events

starting at 8:45 A.M.

Girls First then Boys

4x800 Meter Relay

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

4x200 Meter Relay

3200 Meter Run

4x100 Meter Relay

400 Meter Dash

800 Steeplechase (no water pit)*

300 Meter Hurdles

800 Meter Run

Medley Relay

200 Meter Dash

1600 Meter Run

4x400 Meter Relay

4x100 Coaches Relay*

4x100 Throwers Relay*

*Exhibition Events non-scoring /

*unlimited entries

Field Events

starting at 8:30 A.M.,

Gender not listed participates second

Minimal marks are listed. Marks below
the minimal will not be marked.

Girls Javelin - 80' (100' - boys)

Girls Shot Put - 24' (32' - Boys)

Boys Discus - 100' - (75' - girls)

Boys High Jump - 5'04 (4'02 - girls)

Girls Long Jump - 12' (17'00 - boys)

Girls Pole Vault - 6'00, (9'00 - boys)

Boys Triple Jump

Grizzly Invitational

State Qualifying Track & Field Invitational
April 15, 2023

- Where: Logan High School
162 W 100 S, Logan, UT 84321
- Time: Saturday, April 15th - 8:30 am Field Events / 8:45 am Running Events
- Awards: Awards will be given to the top **six (6)** finishers in individual events and the top 3 teams in Relays. Team Trophies will be given to the top three teams combining girls and boys points.
- Cost: \$85 per team or \$170 for combined Girls' and Boys' teams. \$5 per individual event
- Registration: Completed on runnercard.com. Deadline for entries will be Friday April 14th at 10:00 AM. There are minimum distances for the throwing events and the horizontal jumps The first Legal throw/jump will be measured if minimum is not been reached,
- Entries: Four entries per team, four events per athlete and one relay per team.
- Scoring: Top 8 place 10, 8, 6, 5, 4, 3, 2, 1
- Lunch: Free Lunch for up to 6 coaches.
- Contact info: Eric Strand eric.strand@loganschools.org