



TIGER TRIALS

TRACK & FIELD INVITATIONAL

SINCE 2010

Meet Director Contact Information:

Name: Andy Jacobs Cell Phone: 801-358-3333

Email: oremcrosscountry@gmail.com

Location	Timpanogos High School - Saturday April 29th
Meet Info	Due to the condition of our track, we Orem T&F will be hosting the Tiger Trials Invitational at Timpanogos High School - We hope to be back to Orem within the next 2 years - but - you know how that goes!
Meet Entry	Each team will be allowed to register a maximum of 50 total entries per gender (each athlete event counts as one event). The athlete must have a qualifying time, distance, and height under meet minimums (listed below). They are very reasonable and will allow for a very efficient invitational. Registration will CLOSE Thursday April 27th, @6PM
Entry Fee	 Each <u>accepted</u> entry will be \$10 and each relay will be \$10 up to a gender max total of \$125 (If over 20 athletes are accepted). The most you would pay for a full boys and girls team would be \$250. **NM will be scratched from entries and Entries that do not meet the meet minimum will be removed from the entries, so please validate before entering. Last year we had athletes showing up and were not on the meet plan. Each school can make payments before the meet on myschoolfees.com (see link or QR code attached) or by mailing a check to Orem High. Please remember to add your SCHOOL NAME on my school fees or by check. https://secure3.myschoolfees.com/guest_home.aspx?sid=26&feegroupid=68&feeid=1759

Registration Info	We will use runnercard.com for all meet registration. Please enter one athlete asap so that you get meet updates and emails. You must register under a School, and cannot be unattached. PLEASE DON'T REGISTER ATHLETES THAT YOU DON'T PLAN ON RUNNING. PLEASE BE EXACT IN YOUR REGISTRATION AND DO NOT ENTER MORE THAN 50 EVEN THOUGH THE SYSTEM ALLOWS IT.
-------------------	--

● **Minimum Marks - Field Events (From 2023 Season)**

Girls Field Event Minimum Standards	Boys Field Event Minimum Standards
Pole Vault: 8-00	Pole Vault: 10-00
Girls High Jump: 4'06"	Boys High Jump: 5'04"
Long Jump: 14-00'	Boys Long Jump: 18-00'
Girls Shot: 26'	Boys Shot: 36'
Girls Disc: 65'	Boys Disc: 95'
Girls Javelin: 70'	Boys Javelin: 110'

● **Minimum Marks - Track Events (From 2023 Season)**

Girls Track Event Minimum Standards- FAT Preferred	Boys Track Event Minimum Standards - FAT Preferred
100 Meter: 14.30	100 Meter: 12.00
100 Meter Hurdles: 19.50	110 Meter Hurdles: 18.75
200 Meter: 29.50	200 Meter: 25.00
300 Meter Hurdles: 54.00	300 Meter Hurdles: 46.00
400 Meter: 67.00	400 Meter: 56.00
800 Meter: 2:50	800 Meter: 2:18
1600 Meter: 6:00	1600 Meter: 5:00
3200 Meter: Top 40 Times (2 Heats) Min Time: 13:30	3200 Meter: Top 40 Times (2 Heats) Min Time: 10:30

Schedule Information

- All heats and races will be formed on Friday morning April 28th. We will also make them available on www.runnercard.com.
- All track races will be timed finals **with the fastest “seeded” athletes in the FIRST heat. All Girls heats, then Fastest heat of boys and the remaining boys heats..** Field events will be seeded with top athletes competing in final flights.
- **4x200 will be a 4 turn stagger.**
- All throwing events and long jump will get 3 trial attempts; Top 9 athletes will have 3 additional attempts in finals.
- **Girls HJ** -4'06", 4'08", 4'10", 4'11", 5' 00", 5' 01", 5' 03" one inch thereafter.
- **Boys HJ** - 5'04, 5' 06", 5'08", 5' 10" 5' 11", 6' 00", 6'01", 6' 03" one inch thereafter.
- **Pole Vault** - Will be contested @ Lone Peak High School Warm Ups 2:00 PM-
- **Javelin** thrown off of Grass Runway

Tentative Schedule Below - Will update once we get final registration information:

*2023 Time Schedule will be updated April 28th - once we have all heat information. Here order of events with last years times - we finished at 8:30 PM

Link to 2023 Meet Time Predictor: [2023 Meet Time Predictor](#)

Last Years Schedule:

2022 Tiger Trials Event Schedule				
7:30 AM		Weigh Master - Implements		
7:45 AM		Coaches Meeting – Finish Line		
* All times Estimates		Track Events		Field Events
8:00 AM		Girls 4x800	8:30 AM	Girls Shot
8:15 AM		Boys 4x800		Boys HJ
8:35 AM		Girls 100 H		Girls LJ
9:20 AM		Boys 110 H		Girls Javelin
10:00 AM		Girls 100		Boys Disc
10:40 AM		Boys 100		
11:30 AM		Officials Break		
12:00 PM		**National Anthem**		
12:05 PM		Girls 4x200		
12:20 PM		Boys 4x200		
12:45 PM		Girls 1600	1:00 PM	Boys Shot
1:35 PM		Boys 1600		Girls HJ
2:35 PM		Coaches 4x100 (COED)		Boys LJ
2:50 PM		Girls 4x100 Relay		Boys Javelin
3:10 PM		Boys 4x100 Relay		Girls Disc
3:30 PM		Girls 400		
3:55 PM		Boys 400		
4:30 PM		Girls 300 H		
5:10 PM		Boys 300 H		
5:40 PM		Girls 800		
6:05 PM		Boys 800		
6:40 PM		Girls 200		
7:30 PM		Boys 200		
8:20 PM		Girls 3200		
8:50 PM		Boys 3200		
9:15 PM		Girls 4x400		
9:35 PM		Boys 4x400		

Times are Not exact and we will be on a rolling schedule. IF we get ahead of schedule we will continue to move forward in the meet. Please listen for each event being called. This information is based on past meets & event times can and will fluctuate