



TRACK & FIELD

Sport Information & Rules

Dates: June 11-13, 2026

Sport Coordinator: Matt Storland

Phone: (435) 669-9309

Email: onpointtiming@gmail.com

Registration Fee: \$35.00 + \$8.00 per event

Event Limit: 6 total

Registration Begins: December 1, 2025

Registration Ends: June 8, 2026

Divisions:

Age 8 and Under

Age 9-10

Age 11-12

Age 13-14

Age 15-16

Age 17-18

Open 19-29

Master 30-34

Master 35-39

Master 40-44

Master 45-49

Master 50-54

Master 55-59

Master 60-64

Master 65-69

Master 70-74

Master 75-79

Master 80-84
Master 85-89
Master 90-94
Master 95+
Decathlon
Heptathlon

USG Athlete Packet Pick Up:

SUU Sorenson PE Building - 560 W University Blvd

[Click for Date & Times](#)

Event Check-in: Please arrive early and listen for stadium public address calls or check in with the bullpen or field event location.

Venues:

SUU Eccles Coliseum
99 S 1100 W,
Cedar City, Utah

Block Party Information:

For All Athletes/Parents/Spectators & General Public

June 5, 2026

5:00-8:00PM

SUU Practice Field (East of Freeway)

99 S 1100 W

Cedar City, Utah

Includes - Food Trucks, Music, Games, Bounce Houses, and Community Vendors

Utah Summer Games Opening Ceremony - June 5, 2026 8:30pm, SUU Eccles Coliseum

[Weather Policy](#)

EVENT INFORMATION

Heat Sheets and Meet Schedule: Tentative schedule posted on USG website

([Track and Field - Utah Summer Games](#)). **FINAL SCHEDULE** available on USG website by 5:00 PM on Tuesday, June 10, prior to the meet.

Age Division: Determined by age as of day of competition. Competitors must compete in their own age divisions only (with the exception of relays). Open Division is open for all ages, however, you may only compete in one age division per event. If you wish to compete in the Open Division, but are not age 19-29, please contact the event coordinator.

Alphabetical Codes for Divisions/Event Limits

Youth Age			Event Limits
8-U	B 8-U	G 8-U	6
9-10	B 9-10	G 9-10	6
11-12	B 11-12	G 11-12	6
13-14	B 13-14	G 13-14	6
15-16	B 15-16	G 15-16	6
17-18	M 17-18	W 17-18	6
Adult Age			Event Limits
Open (19-29)	OM	OW	6
Masters (30-99)	MM	MW	6

Age Categories for Masters Competition: Competitions are held in the age groups listed below: Medals are awarded for 1st-3rd place in the following age divisions: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-older.

Note: Some age groups may be combined in races to fill lanes on the track, but age divisions will be scored and medaled separately.

Medals: Top three individuals and top three relay teams in each event are awarded Utah Summer Games Gold, Silver, and Bronze medals.

Medals will be awarded at the conclusion of each event on the Steps of Honor in front of the Harris Center Pavilion and Utah Summer Games Flame at the south end of the field.

IMPORTANT INFORMATION PLEASE READ CAREFULLY:

Schedule: A tentative preliminary schedule will be posted on USG website, THIS IS NOT A FINAL SCHEDULE. UPDATED SCHEDULE WILL BE POSTED TUESDAY BEFORE THE MEET AFTER ENTRIES ARE FINALIZED. **All times will be tentative due to a rolling time schedule** (events will proceed one after the other with adequate preparation time between sections and heats/flights).

Athletes must check in at the bullpen (located in the southeast corner of the Eccles Coliseum), one hour prior to their event. Field Event athletes please check in at your event location. If you miss your section you will have missed your opportunity to compete.

In the case of multiple events occurring at the same time (Field events) competitors must make arrangements with the event official to conclude their trials BEFORE the conclusion of their section. There will be no late entrants to field events in order to speed up the medal ceremonies for those events.

Rules: USA Track and Field rules apply in all situations. See <http://www.usatf.org/About/Competition Rules.aspx>

Facilities: Athletes must wear 1/4" pyramid spikes or less. Starting blocks and some field implements will be furnished. To ensure the beauty of the Eccles Coliseum, please pick up any trash or items left behind.

Relay Teams: Pre-registration of relay teams is not necessary, unless it is the only event you are competing in. At the bullpen on the day of the event, fill out a relay card and give to the clerk of the course. Relay teams must consist of four original registered athletes, plus two alternates. All members of a relay team must wear the same uniform and supply their own batons.

Timing: Timing is fully automatic with an additional backup system (FinishLynx).

Heat Sheets: All heat sheets are posted at the Bullpen at the southeast corner of the stadium. All events will be grouped at the discretion of the Event Coordinator based on efficiency of time, closeness of age, and similarity of implements/hurdles.

Results: All results will be posted near the Awards Tent at the south end of the stadium.

Track Finals: ALL RACES WILL BE A TIMED FINAL. This means there will be no preliminary rounds if there are more than 8 competitors in an age group. All medals will be awarded based on time. If there is more than one heat for your age division, you must have one of the top 3 fastest times to receive a medal.

Tents: Tents or umbrellas may only be set up behind the bullpen or in the stands. No tents are allowed on the infield.

Restrooms: Located on the southwest side of the stadium.

Warm-up: Bullpen area is located under tents on southeast corner above track.

Trainer: Athletic trainers are available on site, located near the bullpen and at the finish line.

FIELD EVENTS

IMPLEMENT SPECIFICATIONS

PLEASE BRING YOUR OWN IMPLEMENT SINCE NOT ALL WEIGHTS ARE AVAILABLE.

Age groups and implements are consistent with USATF rules.

SHOT PUT WEIGHT

B8U, G8U.....	2 kg
B 9-10, G8-U, G 9-10, B11-12, G11-12, G13-14.....	6 lbs
B13-14, G15-16, W17-18, OW.....	4 kg
B15-16, M17-18.....	12 lbs
OM, MM 30-49.....	16 lbs
MM 50-59.....	6 kg
MM 60-69.....	5 kg
MM 70-95, W 30-49.....	4 kg
MW 50 and up.....	3 kg

DISCUS WEIGHT

B11-12, B13-14, All Girls, All Women	1 k
M17-18, B15-16	1.5 k
OM, MM 30-49	2 k
MM 50-59	1.5 k
MM 60 and up	1 k

JAVELIN WEIGHT

B13-14, G13-14, G15-16, W17-18.....	600 Grams
B15-16, M17-18	800 grams
Open Women	600 grams
MW 50-59.....	500 grams
MW 60 and Up	400 grams
OM, MM 30-49	800 grams
MM 50-59	700 grams
MM 60-69	600 grams
MM 70-79	500 grams
MM 80 and up	400

