



Track & Field

Heat Sheets and Meet Schedule: Available online by 5:00 PM on Wednesday, June 27th. (links will be under the Meet Schedule for each day)

Age Division: Determined by age as of December 31, 2012. Competitors must compete in their own age divisions only. No athlete may compete in younger or older divisions in individual, relay or team events. 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
Bantam 10-U	Boys - BB	Girls - BG	4
Midget 11-12	Boys - MB	Girls - MG	4
Youth 13-14	Boys - YB	Girls - YG	4
Intermediate 15-16	Boys - IB	Girls - IG	4

Adult (Age)			Event Limits
Young Adult 17-18	Men - YM	Women - YW	4
Open 19-29	Men - OM	Women - OW	4
Masters 30-99	Men - MM	Women - MW	4

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.

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 and Check-in: An order of events will be posted at check-in, on this web page, and around the track stadium on the days of competition. **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). Please arrive early and listen for stadium public address calls or check in with the bullpen or field event location.

Athletes must be 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 www.usatf.org ONLY
COMPETING ATHLETES ARE ALLOWED ON TRACK.

Facilities: Athletes must wear ¼" 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 back up system (FinishLynx).

Heat Sheets: All heat sheets are posted at the Bullpen at the southeast corner of the stadium.

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

Track Finals: The top eight times in each age group will advance to Saturday's finals. If there are only eight or fewer entrants in a Friday heat, the event will be a final. Do not assume that track event finals will be rolled over to Saturday. We do this as a courtesy to athletes who compete in more than one event and to speed up the meet. Heat sheets for finals on Saturday will be posted by the end of the meet at the awards tent.

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

Concessions: Located on the northwest side of the stadium.

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.

ALL FIELD EVENTS ARE FINALS.

Javelin-Open and Master: Measurement of the throw shall be made from the nearest edge of the first legal point of contact made by the javelin. Runways are grass or track.

YB, YG, IB, IG, YM and YW: Measurement of the throw shall be made from the first point of contact. Runways are grass or track.

Throwing Pads & Weights: There will be two shot put rings and two discus rings. Concrete Rings: All Discus: Shot Put: MM, YM, OM, IB, IG, YW, OW, MW. 2nd ring located at Discus cage: Shot Put: BB, BG, MB, MG, YG, YB.

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

BB, BG, MG, MG, YG	6 lbs
YB, IG, YW, OW	4 kg
IB, YM	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

MB, YB, All Girls, All Women	1 k
YM, IB	1.5 k
OM, MM 30-49	2 k
MM 50-59	1.5 k
MM 60 and up	1 k

JAVELIN WEIGHT

YB, YG, IG, YW	600 Grams
IB, YM	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 grams

Meet Schedule:

Friday, June 29

Bullpen opens at 10:00 AM

Running events begin at 11:00 AM

Field events begin at 10:00 AM (Javelin begins at 9:00AM)

Meet schedule will be posted by Wednesday, June 27nd. Please check schedule for event start times.

- Friday Schedule
- Friday Heat Sheets

* Please note that if eight or fewer runners show for a heat on Friday, the race will be a final in that Division.

Track Events

Event	Division
100m	Youth All Divisions
100m	Adults All Divisions
1500m Race Walk Final	BG, BB, MG, MB
80m Hurdles (30")	MG, MB, MW 40-59
100m Hurdles (30")	YG
100m Hurdles (33")	YB, IG, YW, OW, W30-39, MM 60-69
100m Hurdles (36")	MM 50-59
110m Hurdles (39")	IB, YM, MM 30-49
110m Hurdles (42")	OM
400m	Youth All Divisions
400m	Adults All Divisions
800m	Youth All Divisions
800m	Adults All Divisions
200m Hurdles (30")	YB, YG
300m Hurdles (27")	MW 65-69
300m Hurdles (30")	MW 50-64, MM 60-69
400m Hurdles (30")	IG, YW, OW, MW 30-49
400m Hurdles (36")	IB, YM, OM, MM 30-39
400m Hurdles (33")	MM 40-59
200m	Youth All Divisions
200m	Adults All Divisions
3,000 M Finals	MB, MG, YB, YG, IB, IG
5000m Run Final	YW, YM, OW, OM, MW, MM

Field Events

(All Field Events are Finals)

**9am-11am Implement weigh-in at northwest corner of stadium (by the main Shot Put pit).

Field Event	Division, Location
LONG JUMP	YM, OM, MM (PIT 1)
LONG JUMP	YW, OW, MW (PIT 1)
HIGH JUMP	BG, MG, YG, IG (PIT 1)
HIGH JUMP	BB, MB, YB, IB (PIT 1)
DISCUS	MG, MB, YG, YB, IG, IB (Discus cage, east of stadium)
DISCUS	YM, YW, OM, OW, MM, MW (Discus cage, east of stadium)
TRIPLE JUMP*	YG, IG, YW, OW, MW (PIT 1)
TRIPLE JUMP*	YB, IB, YM, OM, MM (PIT 1)

JAVELINYB,YG, IB, IG, YM, YW, OM, OW, MN, MW (Stadium Infield)

Saturday, June 30

Bullpen opens at 9:00 AM

Running events begin at 10:00 AM

Field events begin at 9:00 AM

Meet schedule will be posted by Wednesday, June 27th. Please check schedule for event start times.

- Saturday Schedule
- Saturday Heat Sheets

Track Events:

80m Hurdles (30")MG, MB (W35, W40-59)
100m Hurdles (30")YG
100m Hurdles (33")YB, IG, YW, OW, W30-39, MM 60-69
100m Hurdles (36")MM 50-59
110m Hurdles (39")IB, YM, M 30-49
110m Hurdles (42")OM
100m FinalsYouth All Divisions
100m FinalsAdults All Divisions
400m FinalsYouth All Divisions
400m FinalsAdults All Divisions
1500m FinalsBB, BG, MB, MG
1500m FinalsYB, YG, IG
1500m FinalsYW, OW, MW
1500m FinalsIB, YM, OM, MM
4 X 100 FinalsYouth All Divisions
4 X 100 FinalsAdult All Divisions
200m Hurdles Finals (30")YB, YG
300m Hurdles Finals (27")MW 65-69
300m Hurdles Finals (30")MW 50-64, MM 60-69
400m Hurdles Finals (30")IG, YW, OW, MW 30-59, MM 60-69
400m Hurdles Finals (36")IB, YM, OM, MM 30-39
400m Hurdles Finals (33")MM 40-59
200m FinalsYouth All Divisions
200m FinalsAdults All Divisions
3000m RacewalkIB, IG, YB, YG
3000m RacewalkYM, YW, OM, OW, MM, MW
4 X 400 FinalsBB, BG, MB, MG, YB, YG, IB, IG
4 X 400 FinalsYM, YW, OM, OW, MM, MW

Field Events:

(All Field Events are Finals)

**8am-10am Implement weigh-in at northwest corner of stadium.

LONG JUMP*BB, MB, YB, IB (PIT 1)

LONG JUMP*BG, MG, YG, IG (PIT 1)

HIGH JUMPYW, OW, MW (PIT 1)
HIGH JUMPYM, OM, MM (PIT 1)
SHOT PUTBB, BG, MB, MG, YB, YG (Pit 1, Hammer/Discus Cage)
SHOT PUTIB, IG, YM, YW, OM, OW, MM, MW (Pit 2, Stadium
Northwest Corner)

*Please note that all throws and long and triple jumpers will receive four attempts with no finals.