

UHSTCA Invitational Championships
January 26th & 27th @ the Olympic Ice Oval
5662 South 4800 West Cougar Lane

DIRECTIONS: Take I-215 south to 4700 south. Go west on 4700 south to Bangerter Highway. Turn left on Bangerter and go south to 5300 south. Take a right on 5300 and go west to 4800 west. Take a left on 4800 west (Cougar Lane). The Olympic Ice Oval is on the west side of the road. You really can't miss it.

1. The cost to enter the meet is \$4 per athlete per event if paid online. Relays will be \$16. Individuals must pay online. Team payments will be accepted at the meet. (If coaches collect all the fees it's \$4 per event, if we collect the fees it will be \$5 per event. **Registration will be done at Runnercard.com.** Registration will close at Midnight on Wed. January 24th. Registration day of the meet will be \$10 for the First event and \$5 for each additional event. Spectators will be charged \$3 per students/adults. Children under the age of 5 are free. All field event participants must check in at Ice Oval. All throwing implements must be weighed in and verified at Kearns Rec Center before their event begins.
2. Payment must be made for all athletes entered. Athletes will receive a bib # which is their pass for the meet and events. Athletes will need the bib to check in to each event.
3. All athletes in running events must report to the Clerking Area (bullpen) at first call. Athletes will be scratched from the event on second call and heat and lane assignments will be made at that time. Distance Events will be pre-seeded and athletes will need to check in to receive a sticker.
4. The first running event will start at 4:00 pm. Events will follow the order listed. There will be no time schedule. Athletes must pay close attention to the calls as they are made.
5. Field events will start at the time listed. Long jump (2 pits) and pole vault will be held at the ice oval on Friday evening. High jump and shot put will be held at Kearns Oquirrh Park Rec Center on Friday evening. The high jump surface is a gym floor.
6. Due to the high number of competitors, minimum marks will be used in the long jump and shot put. Athletes who do not equal or better the mark will have their third attempt measured.
7. Medals will be awarded the top three finishers in individual events and the first place relay team.
8. Six places will be scored for team competition.
9. Spikes (3/16") are allowed. Spikes can only be used on the track. There will be a \$50 fine for any athlete found wearing their spikes in areas off the track.
10. Warm-up is allowed on the track as long as it does not cause a problem with an event.
11. USATF officials will be starting the meet. We will need coaches/volunteers to run all field events and help with finish line and bullpen. We also need help taking money doing results, and handing out awards. Please let me know if you have anyone that can help, email me at scott.stucki@gmail.com.

Friday, Jan. 26

FIELD EVENT TIME SCHEDULE

Note: Field event start times are estimates. Events will begin immediately following the preceding event. Please track the progress of the preceding event and listen for calls of your flight.

- 3:00 pm Check in all Field Events (Ice Oval)
- 4:00 pm- Girls' Shot Put (Kearns Rec Center) 25' minimum
- 4:00 pm- Girls' Long Jump (ice oval) 14' minimum
- 4:00 pm- Boys' High Jump (Kearns Rec Center) 5' 2 opening
- 4:00 pm- Girls' Pole Vault (ice oval) 6' 6, 7' 2, 7' 10, 8' 6, then raised 6"
- 5:30 pm- Boys' Long Jump (ice oval) 17' minimum
- 6:00 pm- Boys' Shot Put (Kearns Rec Center) 35' minimum
- 6:00 pm- Girls' High Jump (Kearns Rec Center) 4' 4 opening
- 6:30 pm Boy's Pole Vault (ice oval) 8' 6, 9' 2, 9' 10, 10' 6 then raised 6"
- 8:30 pm- Boys' Triple Jump no minimums
- 8:30 pm- Girls' Triple Jump no minimums

Friday, Jan. 27

TRACK EVENT TIME SCHEDULE

Heats will be run Girls than Boys, Fastest to slowest

- 3:00pm Track open for warmups/packet pickup
- 4:00 1600 M Run
- 400 M Dash
- 4 X 800 M Relay

Saturday, Jan 28

TRACK EVENT TIME SCHEDULE

Heats will be run Girls than Boys, Fastest to Slowest for finals

- 8:00 am Track Open
- 9:00 am-60m HH Prelims
 - 60m Dash Prelims
 - 4 x 200m Relay
 - 60m HH Finals
 - 60m Dash Finals
 - 800m Run
 - 200m Dash
 - 3200m Run
 - 4 X 400m Relay

All athletes must sign a waiver to use the Olympic Ice Oval. If you have registered and paid online you have electronically signed one already. If your coach has registered you as a team please sign and bring a waiver with you to the meet. A team signature page has been included so you won't need to print as many copies.

RELEASE OF LIABILITY, ACKNOWLEDGMENT OF RISKS, AND CONSENT AGREEMENT

THIS IS A LEGALLY BINDING AGREEMENT! PLEASE READ CAREFULLY BEFORE SIGNING!

For and in consideration of the right to use and/or participate in any activity **in any capacity** at the Utah Olympic Oval and/or any part of its facilities, including, but not limited to ice skating, curling, hockey, figure skating, running, speed skating, and broomball, I expressly agree, in addition to paying any fees due for any such activity(ies), to **ASSUME ANY and ALL** risks of injury, including the risk of serious injury and even **DEATH, regardless of the cause of injury, the activity, or the date on which the injury is allegedly sustained.** I acknowledge and understand that obeying and following safety rules and/or instruction does not guarantee my safety. **The Utah Olympic Oval is NOT in any manner an insurer of my safety.** I further agree to **FOREVER RELEASE** the Utah Athletic Foundation d/b/a Utah Olympic Oval, Utah Olympic Legacy Foundation, and their affiliates, related entities, employees, officers, directors, and agents (collectively referred to as the "UOO") from **ANY and ALL LIABILITY**, and to **FOREVER WAIVE ANY and ALL** claims, causes of action, charges, damages, and demands of any kind whatsoever, including for injuries I sustain as a result of UOO's **NEGLIGENCE**.

I also expressly agree to accept "**AS IS**" and "**WITH ALL FAULTS**" any equipment that I use at the UOO and further understand and acknowledge that the UOO provides **NO implied warranty of merchantability and/or fitness or any other warranties of any kind whatsoever** and further agree that any activity I participate in at the UOO concerns services being rendered only.

I hereby consent to allow the UOO to administer first aid and other emergency medical treatment to me for any injury or illness that occurs while at the Utah Olympic Oval. I also grant to the UOO and its assigns the right to use, reproduce, display, distribute and make derivative works, in any and all media, of any biographical information furnished by me to the UOO and/or of my voice, image and/or likeness recorded while doing anything at the Utah Olympic Oval.

I have read and understand this Agreement and voluntarily enter into it without any reservation whatsoever and agree that all activities at the Utah Olympic Oval are purely voluntary in nature. I further agree that no representations have been made to me other than those expressly contained herein. In the event any part of this Agreement is deemed unenforceable, the other portions will remain enforceable. In the event federal subject matter jurisdiction ("FSMJ") exists, I agree that any lawsuit concerning this Agreement and/or the UOO will be filed in the United States District Court for the District of Utah. If FSMJ does not exist, I submit to the jurisdiction of the Third Judicial State District Court in Utah. **This Agreement and its terms are perpetual, do not expire and apply to each and every day (today and in the future) that I use and/or participate in any activity at the Utah Olympic Oval and/or any part of its facilities even if such days are not consecutive.**

Dated this _____ day of _____, 201____.

Signature of Adult Participant or Minor Parent/Guardian/Coach Print Name of Adult Participant or Minor Parent/Guardian

On behalf of my minor child(ren)/athletes, I hereby agree that all the same risks and consents noted above apply to my child(ren)/athletes as well and acknowledge that the above risks exist, that the UOO is not a guarantor of my child(ren)'s safety and if I do not wish to accept these terms, I should not allow my child(ren)/athlete to participate in any activity at the Utah Olympic Oval. My signature above applies here.

