

# UTAH Spring Classic

## Saturday April 13th, 2019

### Schedule of Events

|            |                                |                       | Ht/Ft |
|------------|--------------------------------|-----------------------|-------|
| 10:30 a.m. | Pole Vault                     | Men (Women to follow) | 1/1   |
| 10:30 a.m. | Discus                         | Men (Women to follow) | 1/1   |
| 11:30 p.m. | Triple Jump                    | Women (Men to follow) | 1/1   |
| 12:30 p.m. | Shot Put                       | Men (Women to follow) | 1/1   |
| 1:00 p.m.  | Women's Invitational High Jump |                       | 1     |
|            |                                |                       |       |
| 12:45 p.m. | 3000 M                         | Women                 | 1     |
| 1:00 p.m.  | 400H                           | Women                 | 1     |
| 1:10 p.m.  | 400H                           | Men                   | 1     |
| 1:20 p.m.  | 800 M Run                      | Women                 | 3     |
| 1:35 p.m.  | 800 M Run                      | Men                   | 2     |
| 1:45 p.m.  | 100 M Dash                     | Women                 | 4     |
| 1:55 p.m.  | 100 M Dash                     | Men                   | 3     |
| 2:05 p.m.  | Kid's Race                     |                       |       |
| 2:15 p.m.  | 3000 M Steeplechase            | Women                 | 1     |
|            | SENIOR RECOGNITION             |                       |       |
| 2:45 p.m.  | 5000 M                         | Men                   | 1     |
| 3:05 p.m.  | 4x400 M Relay                  | Women                 | 1     |
| 3:15 p.m.  | 4x400 M Relay                  | Men                   | 1     |

\*9 to the finals in the throws and horizontal jumps

\*\*We will NOT run ahead of schedule

\*\*\*All sections will be competed slow/worst to fast/best.

#### Starting Heights and Progressions for Vertical Jumps

WPV: 3.10, 3.25, 3.40, 3.55, 3.70, 3.85, 4.00, 4.10, 4.20

MPV: 4.35, 4.50, 4.65, 4.80, 4.95, 5.10, 5.20, 5.30, 5.40

WHJ: 1.57, 1.62, 1.67, 1.70, 1.73, 1.76