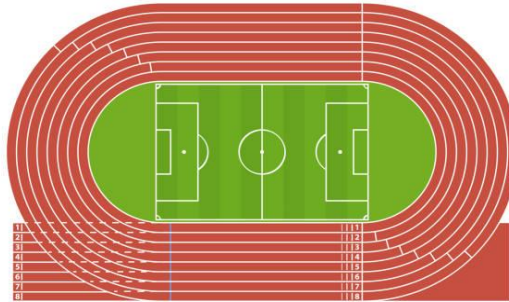


# Trevor Habberstad Invitational and Distance Carnival



Thank You for your interest in the 15th Annual Trevor Habberstad Invitational and Friday Night Distance Carnival scheduled for February 28th-29th, 2020, at Canyon High School. Registration will have already begun on Athletic.net. Please familiarize yourself with the details below.

**Distance Carnival:** will take place Friday, February 28<sup>th</sup>, with the DMR, 800, 1600, and 3200 meter events Open and Frosh-Soph levels to be contested. You may enter as many athletes as you wish in those events for the Distance Carnival. The Invitational Events will be the Top 12-800m, Top 15-1600m, and Top 20-3200m entry times). Entry times will be verified to make heats as competitively even as possible.

**NEW THIS YEAR:** The Distance Carnival events, including the Invitational Heats of the 800, 1600, 3200 will take place Friday night under the lights. We will have 1 heat of a community Mile (Coaches, Youth, Parents, and Unattached Athletes can be entered into this event) prior to starting off the Carnival with one heat of the DMR per level.

**Time Schedule:** The two-day meet will run as follows. **Friday Night Distance Carnival** from 5:00-10:00pm, and our **Saturday Invitational-** from 8:30am-3:00pm. Running Events will start at 8:30am, Field events will start at 9:00am. See below order of events with scheduled times. We expect start times to be adhered to. Heats will be combined if there are scratches to make full heats in the sprinting events at the Clerk of the Course. Check in time will be 30 minutes prior to start time.

**Events Offered:** **Friday Night-** Community Mile, DMR, 800m, Mile (1600m split), 3200m **Saturday- Running Events-**100m, 200m, 400m, 100m/110m Hurdles, 300m Hurdles. **Field Events-** Long Jump, Triple Jump, Shot Put, Discus, High Jump, Pole Vault. **Relays-** 4X100m, 1600m Sprint Medley, 4x400m, 4X800, 4x1600m.

The Saturday 200m and 400m will be a limited opening invitational heat for returning athletes who are wanting to run an early fast qualifying time.

<https://www.canyontrack.com/trevor-habberstad-invite-2020.html>

**We will start running events at 5:20pm Friday (Community Mile at 5:00pm) and 8:30am Saturday. Field Events will start at 9:00am Saturday**

**Timing:** Our timer is Alan Bingham of Live Track Results. Results will be immediately posted on "livetrackresults.com" (this can be accessed on Smartphones immediately after races and events). Event will also be posted on Athletic.net.

**Admissions:** \$5.00 for adults, \$3.00 for senior citizens over 60 and HS students, and free for those 12 and under.

## 3/16" Pyramid Spikes ONLY

**Entry Fees:** \$10.00 per event, \$40.00 per relay team, \$250 for team in Distance Carnival, \$350 for team in Invitational, or \$450 for both Carnival and Invitational.

**SCRATCH DEADLINE WILL BE MONDAY FEBRUARY 24TH @ 11:59PM.**

**Awards:** Custom Medals will be awarded to Top times in each Event (race times will be combined for awards)

**Access:** Our Invitational website address is "canyontrack.com/trevor-habberstad-invite-2020.html"

## NO FOOD, DRINK, TENTS OR SPECTATORS ALLOWED ON FIELD

**So that everyone can enjoy and view the event, please restrict all easy-ups/umbrellas to the top 5 rows of the stadium on press box side. There are no restrictions for team easy-ups in the south bleachers.**

This meet usually runs on time. We will try not to start ahead or behind the scheduled times. We will run the entire meet based on the Time Schedules posted.

**For further information and to reserve your spot,**

**Please contact Chris Jackson at [cjackson@hartdistrict.org](mailto:cjackson@hartdistrict.org)**

**And signup on [athletic.net](http://athletic.net)**

# Distance Carnival

Friday, February 28, 2020

Time	Event	Heats	# in heats	
5:00	Community Mile	1	40	
5:15	Invitational Double 1600 Girls	1	12	
5:23	Invitational Double 1600 Boys	1	12	
5:30	DMR- Girls F/S	1	20	1200, 400, 800, 1600
5:50	DMR- Girls Var	1	20	1200, 400, 800, 1600
6:10	DMR- Boys F/S	1	20	1200, 400, 800, 1600
6:30	DMR- Boys Var	1	20	1200, 400, 800, 1600
6:47	800m- Girls F/S	2	12	
6:55	800m Girls Open Varsity	1	12	
6:59	800m Boys F/S	2	12	
7:12	800m Boys Open Varsity	2	12	
7:22	3200m Girls F/S	1	32	
7:39	3200m Girls Open Varsity	1	32	
7:55	3200m Boys F/S	1	32	
8:10	3200 Boys Open Varsity	1	32	
8:24	1600 Girls FS	1	15	
8:32	1600 Girls Varsity	1	15	
8:39	1600 Boys F/S	1	15	
8:46	1600 Boys Varsity	1	15	
8:52	<b>800m Girls INV</b>	1	12	
8:55	<b>800m Boys INV</b>	1	12	
8:58	<b>3200m Girls INV</b>	1	20	
9:13	<b>3200m Boys INV</b>	1	20	
9:26	<b>Mile Girls INV</b>	1	15	
9:33	<b>Mile Boys INV</b>	1	15	

## Standards-

Top 12 800m times in Invite  
 Top 15 Mile/1600m times in Invite  
 Top 20 3200m times in Invite  
 Heats seeded by time in all other events

## Invitational races:

The top entries will be accepted based on marks, either from track 2019 or from cross country 2019 (if track times are not available, or if cross country times significantly improved).

# Habberstad Invitational, Saturday, February 29, 2020

## Field Events

Varsity events first, followed immediately by F/S events

9:00am Start	Girls Long Jump	West Pit
9:00am Start	Boys Long Jump	East Pit
9:00am Start	Girls High Jump	
9:00am Start	Girls Pole Vault	West Pit
9:00am Start	Boys Pole Vault	East Pit
9:00am Start	Boys Shot Put	
9:00am Start	Girls Discus	
Event to follow Girls Long Jump	Girls Triple Jump	West Pit
Event to follow Boys Long Jump	Boys Triple Jump	East Pit
Event to follow Girls High Jump	Boys High Jump	
Event to follow Boys Shot Put	Girls Shot Put	
Event to follow Girls Discus	Boys Discus	

## Opening Heights

**Boys Pole Vault** - Varsity - 9'3";  
 Frosh/Soph - 8'3"  
**Girls Pole Vault** Varsity - 7'3";  
 Frosh/Soph - 6'3"  
**Boys High Jump:** Varsity 5'4";  
 Frosh/Soph 4'6"  
**Girls High Jump:** Varsity 4'4";  
 Frosh/Soph 4'0"

# Habberstad Invitational, Saturday, February 29, 2020

## Running Events

Time	Event	Heats	# in heats	
8:30	4x1600 Girls Varsity	1	20	
8:55	4x1600 Boys Varsity	1	20	
9:20	100H Girls -FS	2	8	
9:25	100H Girls-Varsity	2	8	
9:40	110H Boys F/S	2	8	
9:45	110H Boys-Varsity	2	8	
9:55	4x100 Girls-F/S	2	8	
10:10	4x100 Boys-F/S	2	8	
10:20	4x100 Girls-Varsity	2	8	
10:30	4x100 Boys-Varsity	2	8	
10:40	Sprint Medley 1600m Girls F/S	1	8	200,200,400,800
10:50	Sprint Medley 1600m Boys F/S	2	8	200,200,400,800
11:05	Sprint Medley 1600m Girls Varsity	2	8	200,200,400,800
11:20	Sprint Medley 1600m Boys Varsity	2	8	200,200,400,800
11:35	100m Girls F/S	3	8	
11:45	100m Boys F/S	5	8	
12:00	100m Girls Varsity	3	8	
12:10	100m Boys Varsity	4	8	
12:25	Invitational Girls 400m	1	8	
12:28	Invitational Boys 400m	1	8	
12:30	4x800m Girls F/S	1	20	
12:44	4x800m Boys F/S	1	20	
12:55	4x800m Girls Varsity	1	20	
1:08	4x800m Boys Varsity	1	20	
1:20	4x200m Girls F/S	1	8	
1:25	4x200m Boys F/S	2	8	
1:35	Invitational Girls 200m	1	8	
1:38	Invitational Boys 200m	1	8	
1:40	4x200m Girls Varsity	1	8	
1:45	4x200m Boys Varsity	2	8	
1:55	4x400m Girls F/S	2	8	
2:10	4x400m Boys F/S	2	8	
2:25	4x400m Girls Varsity	2	8	
2:40	4x400m Boys Varsity	2	8	

Invitational 400 and 200 heats are intended for athletes trying to run fast qualifying times. At this point in the season, requirements will be confirmed times from 2019. The top 8 confirmed times for each race will be accepted.