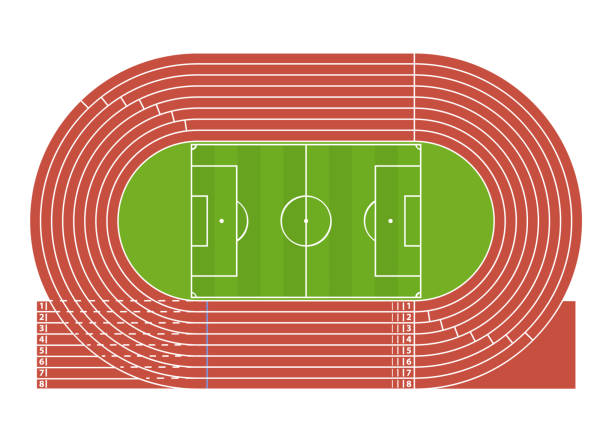
Trevor Habberstad Invitational and Distance Carnival



Thank You for your interest in the 16th Annual Trevor Habberstad Invitational and Friday Night Distance Carnival scheduled for February 25th-26th, 2022, at Canyon High School. Registration will has already begun on Athletic.net. Please familiarize yourself with the details below.

**Distance Carnival:** will take place Friday, February 25th, 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.

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:**](https://www.trabucohillsinvitational.com/meet-schedule) The two-day meet will run as follows. **Friday Night Distance Carnival** from 4:30-10:00pm, and our **Saturday Invitational-** from 8:00am-3:00pm. Running Events will start at 8:00am, Field events will start at 8:30am. 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-** 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-2022.html>

**We will start running events at 4:30pm Friday and 8:00am Saturday. Field Events will start at 8:30am 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:](https://www.trabucohillsinvitational.com/admission) $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**: $15.00 per event, $50.00 per relay team, $300 for team in Distance Carnival, $400 for team in Invitational, or $550 for both Carnival and Invitational.

**SCRATCH DEADLINE WILL BE *MONDAY February 21TH @ 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-2022.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**

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| **Distance Carnival**   |  | | --- | | **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 | | |   Friday, February 25, 2022 | | | |
|  |  |  |  |
| Time | Event | Heats | # in heats |
| 4:30 PM | DMR Girls FS | 1 | 16 |
| 4:50 PM | DRM Girls Varsity | 1 | 16 |
| 5:10 PM | DMR Boys FS | 1 | 16 |
| 5:30 PM | DMR Boys Varsity | 1 | 16 | 1200, 400, 800, 1600 |
| 5:45 PM | 800 Girls FS | 1 | 16 | 1200, 400, 800, 1600 |
| 5:49 PM |  | 2 | 16 | 1200, 400, 800, 1600 |
| 5:53 PM |  | 3 | 16 | 1200, 400, 800, 1600  Invitational races:  The top entries will be accepted based on marks, either from track 2020 or from cross country 2021 (if track times are not available, or if cross country times significantly improved). |
| 5:57 PM | 800 Girls Varsity | 2 | 16 |
| 6:00 PM |  | 3 | 16 |
| 6:03 PM | 800 Boys FS | 1 | 16 |
| 6:06 PM |  | 2 | 18 |
| 6:39 PM |  | 3 | 18 |
| 6:12 PM |  | 4 | 18 |
| 6:16 PM | 800 Boys Varsity | 2 | 16 |
| 6:19 PM |  | 3 | 16 |
| 6:22 PM |  | 4 | 16 |
| 6:25 PM |  | 5 | 16 |
| 6:29 PM | 3200 Girls FS | 1 | 28 |
| 6:45 PM | 3200 Girls Varsity | 2 | 28 |
| 7:00 PM | 3200 Boys FS | 1 | 32 |
| 7:14 PM | 3200 Boys Varsity | 2 | 28 |
| 7:26 PM | 1600 Girls FS | 1 | 20 |
| 7:33 PM |  | 2 | 20 |
| 7:40 PM |  | 3 | 20 |
| 7:48 PM |  | 4 | 20 |
| 7:56 PM | 1600 Girls Varsity | 2 | 20 |
| 8:05 PM |  | 3 | 20 |
| 8:12 PM | 1600 Boys FS | 1 | 20 |
| 8:18 PM |  | 2 | 20 |
| 8:24 PM |  | 3 | 20 |
| 8:31 PM |  | 4 | 20 |
| 8:38 PM |  | 5 | 20 |
| 8:45 PM |  | 6 | 20 |
| 8:52 PM | 1600 Boys Varsity | 2 | 20 |
| 8:57 PM |  | 3 | 24 |
| 9:04 PM |  | 4 | 24 |
| 9:11 PM | 800 Girls Invite | 1 | 12 |
| 9:15 PM | 800 Boys Invite | 1 | 12 |
| 9:20 PM | 3200 Girls Invite | 1 | 20 |
| 9:37 PM | 3200 Boys Invite | 1 | 20 |
| 9:54 PM | Mile Girls Invite | 1 | 15 |
| 10:02 PM | Mile Boys Invite | 1 | 15 |

# Habberstad Invitational, Saturday, February 26, 2022

**Running Events**

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| Time | Event | Heats | # in heats |
| 8:00 | 4x1600 Girls Varsity | 1 | 20 |
| 8:25 | 4x1600 Boys Varsity | 1 | 20 |
| 8:50 | 100H Girls -FS | 3 | 8 |
| 8:58 | 100H Girls-Varsity | 3 | 8 |
| 9:16 | 110H Boys F/S | 3 | 8 |
| 9:24 | 110H Boys-Varsity | 3 | 8 |
| 9:42 | 4x100 Girls-F/S | 2 | 8 |
| 9:50 | 4x100 Boys-F/S | 3 | 8 |
| 10:02 | 4x100 Girls-Varsity | 2 | 8 |
| 10:10 | 4x100 Boys-Varsity | 2 | 8 |
| 10:18 | Sprint Medley 1600m Girls F/S | 1 | 8 | 200,200,400,800 |
| 10:24 | Sprint Medley 1600m Boys F/S | 2 | 8 | 200,200,400,800 |
| 10:36 | Sprint Medley 1600m Girls Varsity | 2 | 8 | 200,200,400,800 |
| 10:48 | Sprint Medley 1600m Boys Varsity | 2 | 8 | 200,200,400,800 |
| 10:59 | 100m Girls F/S | 7 | 8 |
| 11:20 | 100m Boys F/S | 7 | 8 |
| 11:41 | 100m Girls Varsity | 5 | 8 |
| 11:56 | 100m Boys Varsity | 6 | 8 |
| 12:14 | Invitational Girls 400m | 1 | 8 |
| 12:17 | Invitational Boys 400m | 1 | 8 |
| 12:21 | 4x800m Girls F/S | 1 | 20 |
| 12:35 | 4x800m Boys F/S | 1 | 20 |
| 12:49 | 4x800m Girls Varsity | 1 | 20 |
| 1:01 | 4x800m Boys Varsity | 1 | 20 |
| 1:13 | 4x200m Girls F/S | 2 | 8 |
| 1:23 | 4x200m Boys F/S | 2 | 8 |
| 1:33 | Invitational Girls 200m | 1 | 8 |
| 1:35 | Invitational Boys 200m | 1 | 8 |
| 1:37 | 4x200m Girls Varsity | 2 | 8 |
| 1:47 | 4x200m Boys Varsity | 3 | 8 |
| 2:02 | 4x400m Girls F/S | 1 | 8 |
| 2:09 | 4x400m Boys F/S | 2 | 8 |
| 2:23 | 4x400m Girls Varsity | 2 | 8 |
| 2:37 | 4x400m Boys Varsity | 3 | 8 |
| 2:58 | EST. Meet Finish Time |  |  |

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.

# Habberstad Invitational, Saturday, February 26, 2022

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| **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 | | |

**Field Events**

Varsity events first, followed immediately by F/S events

**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

|  |  |  |
| --- | --- | --- |
| 8:30am Start | Girls Pole Vault |  |
| Event to follow girls pole vault | Boys Pole Vault |  |
| 8:30am Start | Boys High Jump |  |
| Event to follow boys high jump | Girls High Jump |  |
| 8:30am Start | Boys Shot Put |  |
| Event to follow boys shot put | Girls Shot Put |  |
| 8:30am Start | Girls Discus |  |
| Event to follow girls discus | Boys Discus |  |
| 8:30am – 10:30 am | Varsity Boys Long Jump | North pit |
| 8:30 am – 10:30 am | Varsity Girls Long Jump | South pit |
| 10:30 am – 12:30 pm | FS Boys Long Jump | North pit |
| 10:30 am – 12:30 pm | FS Girls Long Jump | South pit |
| 12:30 pm – 2:00 pm | Varsity Boys Triple Jump | North pit |
| 12:30 pm – 2:00 pm | Varsity Girls Triple Jump | South pit |
| 2:00 pm – 3:30 pm | FS Boys Triple Jump | North pit |
| 2:00 pm – 3:30 pm | FS Girls Triple Jump | South pit |
| Event to follow Boys Shot Put | Girls Shot Put |  |
| Event to follow Girls Discus | Boys Discus |  |