

2023 Nebo Invite

Maple Mountain High School
Fri, April 28th @ 2 PM

We are excited to be hosting the 2023 Nebo Invite at Maple Mountain High School. This is a state qualifying meet. We will have USATF officials on-site and a professional timing crew in place.

MEET START TIME: 2:00 PM // WARM UPS OPEN 1:00 PM

ORDER OF RUNNING EVENTS <i>Girls first in all running events</i>	FIELD EVENTS (Starting at 2:00 PM)
100m / 110m Hurdles 100m 1600m 4x200m Relay 400m 800m 4x100m Relay 300m Hurdles 200m 3200m 4x400m Relay 4x800m Relay	Shot Put (Boys first) Discus (Girls first) Javelin (Boys first) High Jump (Girls first) Long Jump (Boys first) Pole Vault (Combined)

ADDITIONAL INFORMATION

We will need everyone's help to ensure the meet runs as smoothly and timely as possible. We will start on time. Depending on the number of entries we may have to forgo extra heats in the relays. I will let you know after the meet closes on RunnerCard if this becomes necessary.

- Coaches meeting will be at 1:30 PM, at which time coaches should have all athlete scratches and additions ready for submission.
- Each team will be allowed: six (6) entries in each individual running event, five (5) entries in each field event, and one (1) relay team per relay event.
- Please have all your registrations done by **Wednesday, April 26th at 8 PM.**
- Pole Vault will be contested at Salem Hills H.S. on Thursday, April 27 at 3pm. Depending on the number of entries it may be combined.
- All races will be timed finals. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1.
- All running events will be slowest to fastest.
- Girls will go first in all running events, followed by the boys.
- Entry fees will be \$125 total per school. \$5 per event for individuals.
- There will be no medals awarded at the meet.

Crossbar Progressions

High Jump and the Pole Vault will be raised:

Girls HJ - 4'3" - 5'3" two inch increments. One inch thereafter.

Boys HJ - 5'2" - 6'2" two inch increments. One inch thereafter.

Boys PV - 8'0" - 12'0" six inch increments. Three inches thereafter.

Girls PV - 7'0" - 10" six inch increments. Three inches thereafter

Field Event Minimums For Measurement

We will be enforcing minimum marks for measurement for the shot put, discus, long jump and javelin. We will measure the first attempt in all cases but will not measure subsequent marks if they are not beyond the established minimum measurement mark.

Girls Shot Put - 20' // Boys Shot Put - 30'

Girls Discus - 60' // Boys Discus - 80'

Girls Javelin - 60' // Boys Javelin - 90'

Girls Long Jump - 12' // Boys - 16'

Team Assignments

Bullpen // Maple Mountain High Jump // Union & South Sevier Javelin // Bear River & American Heritage Long Jump // Payson & Tabiona Shot Put // Maple Mountain & ALA	Discus // Maple Mountain Pole Vault // Salem Hills Relay Exchanges // Murray, Juab & East Hurdle Crew // Spanish Fork & Hillcrest
--	--

Yellow areas are the team areas

