



**SKYHAWK**  
**MIDNITE INVITE**  
**SALEM HILLS HIGH SCHOOL**  
**APRIL 26, 2019**

Dear Coaches,

As the coaching staff at Salem Hills High School, we are excited to be hosting the *Skyhawk Midnite Invite*. This is a State Qualifying meet and we will have USATF officials. This meet is open only to the first 10 schools expressing interest. Contact Bart Thompson ([bart.thompson@nebo.edu](mailto:bart.thompson@nebo.edu)) if interested.

This invite is designed as a unique, fun format for our athletes, while also providing quality competition and a great facility to maximize State qualifying opportunities. This is our third year hosting this meet and using this format, and we are optimistic it will prove to be a positive experience for you and your team. Please be aware of the following items:

- The meet will consist of two separate sessions—*the Afternoon “Open” session*, and *the Evening “Invited” session*. The Evening Invited session will consist of a one heat final (running events) and a one flight final (field events) under the **STADIUM LIGHTS**.
- Each team will be allowed Six (6) athletes in each individual event and one relay team per relay.
- All Registrations will be done online using *Runnercard.com*. Please have all your entries posted on Runnercard.com no later than **Wednesday, April 24<sup>th</sup> @ 1:00 PM**. Runnercard will close at that time with no exceptions. All times must have *accurate* FAT marks/times for each entry to ensure accurate seeding in the Invited Session. If we are all honest in our marks, all deserving athletes will be given an opportunity.
- I will email seeding by **Wednesday @ 7:00pm** for verification, and if necessary, challenge of any marks. Again, please be accurate and honest in your marks so this isn't necessary.
- Pole Vault will not be contested.
- Entry fee will be **\$150** total for your combined boys/girls team, or \$5/athlete.
- Running events will go *slowest to fastest*.
- Girls first, followed by boys in all running events.
- Awards will be given to the top 6 athletes in each individual event—regardless of Session (so an athlete's performance from the Open session could potentially place them on the podium.) Top 3 individuals (and 1<sup>st</sup> place relays) will receive custom flashlights.

**INVITED SESSION:**

- The Invited session will consist of
  - The top 7 times (by seeding) plus the winner from the Open session for the 100, 200, 100/110H, and the top 8 times for all other sprint races.
  - The top 9 marks (by seeding) plus the top 3 finishers from the Open session for field events, except the High Jump which will take the top 12 marks, and
  - The top 16 times (by seeding) for the distance races (no runners from the open session in the Invited session distance races).
- The Invited Session will begin 20 minutes after the completion of the Open Session.
- The *4x100* and the *4x400 relays* will be run as part of the Evening Invited Session only.
- The *Medley Relay* and the *3200m* will be contested during the Afternoon Open Session only.
- In case of inclement weather, we will run the meet as a single afternoon session, rather than two separate sessions.

# SKYHAWK MIDNITE INVITE

## EVENTS SCHEDULE

### Afternoon Open Session

#### Running Events

##### 3:00pm

100/110 Hurdles  
100m  
1600m  
400m  
300 Hurdles  
800m  
200m  
3200m\*  
Medley Relay\*

*\*Will NOT be contested during Invited session*

#### Field Events

##### 3:00pm

Shot (Boys, then girls)  
Javelin (Boys, then girls)  
Discus (Girls, then boys)  
Long Jump (Girls, then boys)  
High Jump (Boys, then girls)

### Evening Invited Session

#### Running Events

##### Time TBD

100/110 Hurdles  
100m  
1600m  
4x100m\*\*  
400m  
300 Hurdles  
800m  
200m  
4x400 Relay\*\*

*\*\* Will NOT be contested during Open session*

#### Field Events

##### TIME TBD

Shot (Boys, then girls)  
Javelin (Boys, then girls)  
Discus (Girls, then boys)  
Long Jump (Girls, then boys)  
High Jump (Boys, then girls)

Questions? Please contact:

Bart Thompson (801) 369-0445 or [bart.thompson@nebo.edu](mailto:bart.thompson@nebo.edu)