



**UTAH COUNTY  
TRACK & FIELD  
2013 INVITATIONAL**

Lone Peak High School will host this state-qualifying meet on **Friday April 19<sup>th</sup> and Saturday April 20<sup>th</sup>**. Registration will end on Thursday, April 18<sup>th</sup> at 12 p.m. on [runncard.com](http://runncard.com). Registration fees are \$75 per team (girls or boys), \$150 per school, or \$10 per athlete, and \$16 per relay. Athletes will be allowed to compete in 4 events including relays. Only register 1 relay team per school, and 5 athletes per event. Top 3 athletes receive a medal, along with each member of the top relay team, (all medalists will also receive a Spirit Towel). Trophies will be awarded to the top 2 girls and boys teams. **The pole vault will be contested.** Boys and Girls will compete in the pole vault for Boys points and places.

All spectators will be charged \$1 admission. Coach's passes will be honored. The track, all long with jump runways and the high jump are polyurethane surface. Javelin will be a grass approach; shot put and discus rings are cement. The following are minimum marks-

Long Jump (G) - 12', (B) - 17'	Discus (G) - 75', (B) - 110'
Shot Put (G) - 25', (B) - 35'	Javelin (G) - 60', (B) - 115'

High Jump starting heights (G) - 4'7, (B) - 5'4 and will be raising 2" each time depending on remaining athletes and/or 1" depending on each classification's state qualifying standard (see page 4). Pole Vault starting height 7' and will be raised 6" each time depending on remaining athletes and/or 3" depending on each classification's state qualifying standard.

***This year we are inviting Utah County Schools only; making this a true Utah County Invitational. The team champions and event champions will all be from Utah County.***

Please let us know if you are planning on competing ASAP; because each school will be responsible for an event. Event responsibilities are listed on the next page (if you want to trade you may, however don't ask us, make the arrangement with the other school yourselves).

Thanks,

Coach Brad Molen  
[bmolen@alpinedistrict.org](mailto:bmolen@alpinedistrict.org)  
School- 801-717-4568 ext 800

Coach Misty Asay  
[miasay@alpinedistrict.org](mailto:miasay@alpinedistrict.org)  
School- 801-717-4568 ext 800

**Meet Director:**

Brad Molen – Lone Peak

**Referee:**

Misty Asay – Lone Peak

**Games Committee:**American Fork, Pleasant Grove,  
Maple Mountain, Springville,  
Rockwell**Announcers:**

American Fork

**Starters:**Wayne Diamond  
xxxxxxxxxxx**Starting Blocks:**

Lone Peak

**Clerk of Course:**

Rod Jorgensen – Lone Peak

**Bullpen:**Derek Ellis – Lone Peak  
Runners:  
Lone Peak**Head Timer:**

Steve Revelli – Lone Peak

**Wind Gage Operator:**

Salem Hills

**Exchange Zone Judges:**

Mountain View

**Hurdle Judges:**

Mountain View

**Hurdle Crew:**Lone Peak, Rockwell  
Helpers:  
Lone Peak, Rockwell**Finish Recorders:**

Timpanogos – Lone Peak

**Head Field Judge:**

Deanna Meyer – Lone Peak

**Inspector of Implements:**

Mark Barrett – Lone Peak

**High Jump:**Pleasant Grove  
Helpers:  
Pleasant Grove**Long Jump:**Springville  
Helpers:  
Springville  
Wind Gage Operator:  
Springville**Pole Vault:**Lone Peak  
Helpers:  
Lone Peak**Shot Put:**Orem  
Helpers:  
Orem**Discus:**Maple Mountain  
Helpers:  
Maple Mountain**Javelin:**Provo  
Helpers:  
Provo**Results:**

Lone Peak

**Typists:**Lone Peak  
Runners:  
Lone Peak**Gate:**

Lone Peak

**Concessions:**Lone Peak  
Helpers:  
Lone Peak**Awards:**Lone Peak  
Helpers:  
Lone Peak

\*American Fork, Pleasant Grove, Maple Mountain, Springville, & Rockwell will represent each classification (1A, 4A-5A) on the games committee. They will also have an event assignment.

\*\*Lone Peak will provide all meet materials and equipment to run each event.

\*\*\*Schedule of Events is on the next page.



### **Schedule:**

All running events will start with girls followed by the boys.

#### **Friday April 20<sup>th</sup>- Start Time 3:30pm**

1600m (Finals)

100/110m Hurdles

100m

400m

300m Hurdles

200m

Field Events-

Long Jump- Girls, High Jump- Boys, Shot Put- Girls, Discus- Boys, Javelin- Girls, Pole Vault-Coed

#### **Saturday April 21<sup>st</sup>- Start Time 9am**

3200m (Finals)

100/110m Hurdles

100m

400m

4x100m Relay

300m Hurdles

800m (Finals)

Medley Relay

200m

4x400m Relay

Field Events-

Long Jump- Boys, High Jump- Girls, Shot Put- Boys, Discus- Girls, Javelin- Boys

***\*Buses please park at the South end of the stadium. Athletes will enter through the South gate behind the scoreboard.***

## Girls High Jump State Qualifying Heights

1A - 4'7      ~~2A - 4'9~~      ~~3A - 4'11~~      4A - 5'1      5A - 5'3

## Boys High Jump State Qualifying Heights

1A - 5'8      ~~2A - 5'9~~      ~~3A - 6'1~~      4A - 5'11      5A - 6'1

## Pole Vault State Qualifying Heights

1A - 8'      ~~2A - 10'~~      ~~3A - 8'5~~      4A - 10'      5A - 12'6