



HERRIMAN HIGH INVITATIONAL

March 29th, 2012

Time: 4:00

**Participating Teams: Herriman, Lone Peak, Kearns, West Jordan,
Hunter, Judge Memorial & Springville**

Cost: \$75.00/per team

Spectator Fee: \$1.00

Registration on www.runnercard.com - Due Wednesday March 28th at 12:00 noon

The password for registration is on the invitation that was sent out.

E-mail or call with any questions:

Jake Garlick – jacob.garlick@jordandistrict.org or call 801-554-1318

Kevin Fletcher – kevin.fletcher@jordandistrict.org or call 801-455-2279

This is going to be a true invitational and we are hoping to see some great performances.

You are allowed 3 entries in all individual events and 1 entry in each relay.

Travel: Get off I-15 at 11400 South and head west to 60000 West. Or if traveling on Bangerter Highway, got off at 11400 S. and again go west.

Order of Running Events:

- 4:00 100m High Hurdles
- 4:15 110m High Hurdles
- 4:30 100m Dash Girls – Boys
- 4:45 1600m Run Girls – Boys
- 5:00 4 x 100m Relay Girls – Boys
- 5:10 300m Intermediate Hurdles Girls – Boys
- 5:30 400m Dash Girls – Boys
- 5:45 800m Run Girls – Boys
- 6:00 1600m Medley Relay Girls – Boys
- 6:15 200m Dash Girls – Boys
- 6:30 3200m Run Girls – Boys
- 6:50 4 x 400m Relay Girls – Boys

Order of Field Events:

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|------|-------------------|------|------------------|
| 4:00 | Shot Put –Girls | 5:30 | Shot Put -Boys |
| | Discus –Boys | | Discus -Girls |
| | Javelin –Girls | | Javelin -Boys |
| | Long Jump –Boys | | Long Jump -Girls |
| | Pole Vault –Girls | | Pole Vault –Boys |

(The Boys Pole Vault will begin immediately after the girls have ended.)