

2019 DELTA INVITATIONAL

Hosted by Delta High School – Delta, Utah
State Qualifying Track and Field Invitational
Tuesday, April 16, 2019 @ 3:00 PM

General Meet Information:

1. Meet Dates:

- a. We will start the meet at 3:00 p.m. sharp.
- b. If needed the lights will be turned on to finish the last running events. We don't anticipate needing lights.

2. Entry Fees:

- a. \$5.00 per athlete.
- b. \$75.00 maximum per team or \$140.00 Boys + Girls combined maximum.

3. Submitting Your Entries:

- a. Entries for the meet are due on RunnerCard on Monday at 3:00 p.m.. Only scratches will be accepted after that time. No additions or substitutions will be accepted after that time.
- b. We will accept the first 10 full Boys teams and the first 10 full Girls teams into the meet. After that point, we reserve the right to close the meet in order to ensure that the meet size stays manageable.
- c. We are going to try and seed individuals according to times so please be accurate in entering the information on RunnerCard.
- d. Emergency scratches only can be made at the 2:30 PM Coaches Meeting on Tuesday 4/16 before the meet starts.
- e. Lanes with scratches will be left empty.

4. Number of Entries:

- a. Athletes may only participate in up to 4 events, including relays.
- b. Teams may enter up to 8 athletes per event.
- c. Teams may enter only one relay team per relay event.

5. Awards:

- a. Medals will be given to the Top three finishers in individual events and 1st place in each relay.
- b. Team trophies will be given to the meet champions.

6. Number of Attempts:

- a. Throwers and Jumpers will be allowed four attempts.
- b. No trials/ All finals

7. Coaches Meeting:

- a. A Coaches Meeting will be held on Tuesday, April 16, below the press box.

8. Throwing Implements:

- a. The Weigh Master will check all throwing implements at the Concession stand on the Southwest corner of the track from 2-3 PM for the Field Events.

9. Timing:

- a. A fully automatic Timing system will be used.
- b. All races will be timed finals.

10. Relay Assignments:

- a. Each school will have an exchange zone assignment for the Relays.
- b. All Exchange zone rules will be enforced.

11. General Guidelines for Field Events:

- a. All Field events will be arranged into flights according to submitted entries, with the best entries in the last flight.
- b. If there is a conflict with another event please communicate with the event judge to give your athlete adequate time to compete.

12. Minimum Marks for Field Events:

- a. The first mark will automatically be measured, after which the minimum standard will apply.
- b. Minimum marks for Field events will be as follows:

		<u>Event</u>	
		<u>Girls</u>	<u>Boys</u>
Discus	65'	85'	
Javelin	70'	110'	
Long Jump	12'	16'	
Shot Put	20'	30'	

13. Starting Heights for High Jump:

- a. Girls High Jump - 4'05", 4'07", 4'09", 4'11", and one inch thereafter.
- b. Boys High Jump - 5'04", 5' 06', 5'08", 5'10", 6'00", and one inch thereafter.
- c. After the initial heights the bars will rise at 1" increments at the discretion of the Event Judge and the last 3 Athletes in.

14. Team Packet:

- a. Team Packets will be available by 2:00 pm. These packets will contain a copy of the Heat, Lane, and Flight Assignments. You can pick these up at the Finish Line table.
- b. Pick up your packets promptly upon arriving at the meet so we can address any problems before the Coaches Meeting.

15. Bull Pen:

- a. The bull pen for each event will be at the location where that event starts.
- b. A course clerk will review the lane assignment for each event with the participants.
- c. If an athlete does not report by the time the lanes assignments are finalized, they will be scratched from the event.
- d. It is up to each coach to refer to the Heat and Lane Assignments in the Team Packet to let your athlete's know which heat/flight your athletes are in.

16. Stickers:

- a. Only the following events will be stickered: 800 M, 1600 M, 3200 M, 4 X 400 M Relay (last leg), and Medley Relay (last leg).
 - 1) Each sticker should contain the athletes First and Last Name, Event, and School.
 - 2) Ensure that your athletes have the stickers on their uniforms before coming to the bull pen.

17. Restrooms:

- a. Bathrooms will be available at the concession stand and the South side of the Palladium

18. Games Committee:

- a. The Games Committee will be comprised of the Head Coach from each school.
- b. This committee may be called to meet for grievances, to dispute judgments, or to resolve other issues involving the meet.
- c. As the Meet progresses the Games Committee may decide on the time for the conclusion of the Invitational due to weather, darkness, or other factors.

**Delta Qualifier Track Meet Schedule
April 16, 2019**

RUNNING EVENTS

- 3:00 pm Girls' Medley Relay
- Boys' Medley Relay

- Girls 100 m. Hurdles
- Boys 110 m. Hurdles
- Girls 100 m. dash
- Boys 100 m. dash
- Girls 1600 m. run
- Boys 1600 m. run
- Girls' 4 x 100 Relay
- Girls' 400 m. dash
- Boys' 400 m. dash
- Girls' 300 m. Hurdles
- Boys' 300 m. Hurdles
- Girls' 800 m. run
- Boys' 800 m. run
- Girls' 200 m. dash
- Boys' 200 m. dash
- Girls' 3200 m. run
- Boys' 3200 m. run
- Girls 4 x 400 m. Relay
- Boys' 4 x 400 m. Relay

FIELD EVENTS

- 3:00 pm Boys' High Jump
- Girls' Long Jump

- Boys' Javelin
- Boys' Discus
- Girls' Shot Put

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

WE WILL USE A ROLLING SCHEDULE, SO BE AWARE OF EVENT ORDERS. WE WILL KEEP THE MEET MOVING. FIELD EVENTS WILL ALLOW 4 ATTEMPTS/NO FINALS. AFTER 1ST ATTEMPT, MUST HIT MINIMUM MARK TO BE MEASURED.

