**2020 Utah County Invitational**

**@ Provo High School**

Friday, April 17th-Saturday, April 18th 2020

Meet access code can be received by emailing Phil Olsen (philo@provo.edu)

**Entry Fee**: $5.00 per athlete per event and $20.00 for each relay

OR

$75.00 maximum per team ($150.00 boys/girls maximum)

**Entry Limit**: Each team will be allowed SIX (6) athletes in each event, one (1) relay team per relay event.

**Awards**: Awards will be given to the top 3 finishers in individual events and the first place relay. Team Trophies will be given to the Meet Champions.

**Surface**: Rubberized Track. Shot Put and Discus rings are concrete. Javelin, High Jump and Long Jump runways are rubberized surface. POLE VAULT WILL NOT BE CONTESTED.

# General Meet Information

* Pre-entries with **Runnercard by April 14th at Noon**. Please listen to the PA announcer so you know when to report to the bullpen. Please use FAT times (especially for sprints, and accurate distances in the field events.)
* All schools participating are expected to assist with officiating an event. First come, first served!
* All throwing implements will be weighed and certified according to the National Federation Rules.
* Individual entries are limited to four events per athlete.
* Throwers and Jumpers will be allowed three tries (top nine to finals).

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|  | Minimum marks measured will be set as follows: | Girls | Boys |
|  | Discus | 60' | 90' |
|  | Javelin | 60' | 100' |
|  | Shot Put | 20' | 35' |
|  | Long Jump | 12'6" | 17’ |

The crossbar for the High Jump will be raised as follows:

Girls High Jump: 4’4” 4’6” 4’8” 4’10” 4’11” 5’0” 5’1” 5’2” (TBD by judge after 5’2”)

Boys High Jump: 5’4” 5’6” 5’8” 5’10” 6’0” 6’1” 6’2” (TBD by judge after 6’2”)

Questions about the meet should be directed to Phil Olsen (philo@provo.edu)

**2020 Utah County Invitational Event Schedule @ Provo High School**

Friday, April 17th (3:30 pm)

|  |  |
| --- | --- |
| Running Events | Field Events |
| 4x200 Relay Meter Finals  1600 Meters Finals  100/110 Meter Hurdles Trials  100 Meters Trials  400 Meters Trials  300 Meter Hurdles Trials  200 Meters Trials  Medley Relay Finals  4x800 Meter Relay Finals | Girls High Jump  Boys Long Jump  Boys Javelin  Boys Shot Put  Girls Discus |

Saturday, April 18th (9 am)

|  |  |
| --- | --- |
| Running Events | Field Events |
| 3200 Meters Finals  100/110 Meter Hurdles Finals  100 Meters Finals  4x100 Meter Relay Finals 400 Meters Finals  300 Meter Hurdles Finals  800 Meters Finals  200 Meters Finals  4x400 Meter Relay Finals | Boys High Jump  Girls Long Jump  Girls Javelin  Girls Shot Put Boys Discus |