

# 2019 Utah County Invitational

## @ Spanish Fork High School

Friday, April 12<sup>th</sup>-Saturday, April 13<sup>th</sup> 2018

Meet access code can be received by emailing Jeff Lake (jeff.lake@nebo.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 11<sup>th</sup> 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!
- Concessions will be available on site.
- All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted in the building on the Northwest corner of the track.
- FinishLynx system will be used for all races.
- Individual entries are limited to four events per athlete.
- Throwers and Jumpers will be allowed three tries (top nine to finals).
- Minimum marks measured will be set as follows:

	<u>Girls</u>	<u>Boys</u>
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 Jeff Lake (jeff.lake@nebo.edu)

# 2019 Utah County Invitational Event Schedule @ Spanish Fork High School

Friday, April 12<sup>th</sup> (3:30 pm)

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

Saturday, April 13<sup>th</sup> (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