

2022 Mountain Valley Invite

Salem Hills High School

Fri, March 25th @ 2 PM

*** Updated 3/24 ***

LIVE RESULTS AND UPDATES AT <https://live.skyhawktrack.com>

We are excited to be hosting the 2022 Mountain Valley Invite at Salem Hills High School. This is a state qualifying meet. We will have USATF officials on-site and a professional timing crew in place.

MEET START TIME: 2:00 PM // WARM UPS OPEN 1:00 PM

ORDER OF RUNNING EVENTS	FIELD EVENTS (Starting at 2:00 PM)
Girls first in all running events	
100m / 110m Hurdles	Shot Put (Boys first)
100m	Discus (Girls first)
1600m	Javelin (Boys first)
4x200m Relay	High Jump (Girls first)
400m	Long Jump (Boys first)
800m	Pole Vault (Combined)
4x100m Relay	
300m Hurdles	
200m	
3200m	
4x400m Relay	
4x800m Relay	

ADDITIONAL INFORMATION

We have a lot of schools attending this year. We are trying to accommodate several smaller schools. We will need everyone's help to ensure the meet runs as smoothly and timely as possible. We will start on time. Depending on the number of entries we may have to forgo extra heats in the relays. I will let you know after the meet closes on Runnercard if this becomes necessary.

- Coaches meeting will be at 1:30 PM, at which time coaches should have all athlete scratches and additions ready for submission.
- Each team will be allowed: six (6) entries in each individual running event, five (5) entries in each field event, and one (1) relay team per relay event.
- Please have all your registrations done by **Wednesday, March 23rd at 6 PM.**
- Pole Vault will be contested. Depending on the number of entries it may be combined.
- All races will be timed finals. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1.
- All running events will be slowest to fastest.
- Girls will go first in all running events, followed by the boys.
- Entry fees will be \$200 total per team or \$8 per athlete - whichever is less. Fees can be paid on myschoolfees.com
- There will be no medals awarded at the meet.
- Concessions will be available

Crossbar Progressions

High Jump and the Pole Vault will be raised:

Girls HJ - 4'3" - 5'3" two inch increments. One inch thereafter.

Boys HJ - 5'2" - 6'2" two inch increments. One inch thereafter.

Boys PV - 8'0" - 12'0" six inch increments. Three inches thereafter.

Girls PV - 6'0" - 10" six inch increments. Three inches thereafter

Field Event Minimums For Measurement

We will be enforcing minimum marks for measurement for the shot put, discus, long jump and javelin. We will measure the first attempt in all cases but will not measure subsequent marks if they are not beyond the established minimum measurement mark.

Girls Shot Put - 20' // Boys Shot Put - 30'

Girls Discus - 60' // Boys Discus - 80'

Girls Javelin - 60' // Boys Javelin - 90'

Girls Long Jump - 12' // Boys - 16'

Team Assignments

Weigh Master // Provo Bullpen // AF, Juab High Jump // Rowland Hall, Manti Javelin // PG, Real SL Long Jump // Skyridge, APA	Shot Put // Spanish Fork, Maple Mountain Discus // Westlake, Telos Pole Vault // Salem Hills Relay Exchanges // Payson, ALA Hurdle Crew // Lone Peak
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Contact Salem Hills Head Coach Jeff Hansen with questions:
jhansen@hivalley.com / 801-372-9711

