**REGION VIII**

**TRACK & FIELD**

**2012 INVITATIONAL**

Mountain View High School will host this region meet May 8-10th. This past summer, Atlas Track Co. put in a new polyurethane upgraded surface. Only ¼” spikes, or shorter will be allowed on all track surfaces. Registration will be completed by Monday May7th at 12pm on runncard.com. Athletes will be allowed to compete in 4 events including relays. Only register 1 relay team per school, and 7 entries per event. Top 5 athletes receive a medal, along with each member of the top 2 relay teams. The region trophy will be awarded to the top girl and boy teams. Scoring will be the top 8 finishers in all events. In all lane races (400m down) we will have preliminary heats with the top 8 finishers, regardless of heat advancing to the finals. The distance races will be a seeded final. The top 9 athletes in the field events will advance to the finals (3 preliminary trials and 3 additional attempts in finals). Please enter fully automated times and marks into registration for seeding purposes.

**\*The pole vault will be contested** Tuesday May 8th @ Timpanogos HS- 4pm\*

Along with the track, all long jump runways and the high jump surface are new. Javelin will be a grass approach, shot put and discus rings are cement.

Each school has an assignment to fulfill as in priors years at the region meet. We’ll have 4 officials provided by the region to cover starting, implement weigh-in, and clerking. The following assignments are as follows:

Maple Mountain- Hurdles, wind gauge, relay exchange

Mountain View- Timing, Bullpen, relay exchange

Orem- Discus

Provo- High Jump

Salem Hills- Long Jump, wind gauge

Springville- Shot Put

Timpanogos- Pole Vault, Relay exchange

Timpview- Javelin

Thanks,

Coach Mike Hunter

mhunter@alpinedistrict.org

School- 801-227-2400 ext 153, Cell-801-602-8624

**Schedule:**

All running events will start with girls followed by the boys.

Tuesday May 8th- 4pm

 Pole Vault @ Timpanogos HS

Wednesday May 9th- Start time 3:30pm

3200m (Finals)

100/110m Hurdles

100m

400m

300m Hurdles

200m

Field Events-

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

Thursday May 10th- Start time 3:30pm

100/110m Hurdles

100m

1600m (Finals)

4x100m Relay

400m

300m Hurdles

800m (Finals)

Academic All-Region

Medley Relay

200m

4x400m Relay

Field Events-

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