2014 TWILIGHT INVITATIONAL

WHEN: May 2nd, 2014

START TIME - due to wanting to finish track events under the lights, field events will need to start early.

Weigh-ins: 4:30 @ southwest side of the stadium

Field Events: 5:00 (long jump – best flights first to aid jumpers that run)

Track Events: 5:30

WHERE: Herriman High School

SPECTATOR ENTRY: $2 per person (help pay for awards)

TEAMS: Brighton, Fremont, Herriman, Judge Memorial, Lone Peak, Northridge, Syracuse, Weber, and possible Morgan

REGISTRATION: We will use Runnercard. Code will be emailed. Please have all entries

in by midnight on May 1st.

ENTRY FEE: $150 total (includes both boys and girls teams)

* Pre-entries are due by midnight May 1st.
* Weigh-in will take place on Southwest side of the stadium.
* Individual athletes are limited to 4 events, including relays.
* Field events start at 5. Finals (top 9) immediately follow completion of last flight before we flip girls/boys
* Long Jump: Best flight to worst (try to get as many done before track events start)
* No bullpen, clerking at the starting line.
* Team limit on athletes per event: 5
* Track heats will be Fastest to slowest with Girls heats going first
* Awards: Top 6 will get an ASICS spike bag, medals for top 3
* Field Event participants need to check in and can be moved from flights to accommodate track or other field events.
* Please keep tents away from press box so timing officials have good view
* Javelin has a grass runway.
* Make checks out to Herriman High Track
* Concessions will be available
* Finish the meet with Throwers Relay (4x100) under the lights

Any other questions, please email: [jonathan.haag@jordandistrict.org](mailto:jonathan.haag@jordandistrict.org)

Schedule of events

If possible, we will move up field events

**Running Events** (5:30) **Field Events**  (5:00pm) **Field Events** (7:00)

100/110 Hurdles Boys Long Jump Girls Long Jump

100m Dash Girls High Jump Boys High Jump

1600m Run Boys Discus Girls Discus

4x100m Relay Girls Shot Put Boys Shot Put

400m Dash Girls Javelin Boys Javelin

300m Hurdles Boys Pole Vault Girls Pole Vault

800m Run

Medley Relay

200m Dash

3200m Run

4x400m Relay

Throwers 4x100 Relay