**MORGAN POCKET CHANGE INVITATIONAL**

**STATE QUALIFYING TRACK and FIELD MEET April 27, 2013**

**PLACE:** Morgan High School Track Stadium: Morgan High School, 240 East Young Street, Morgan Utah 84050

**AWARDS:** Individual medals for places 1-2-3-4-5-6; Plaque for top female and male performers

**Entry Fee:** $5 per athlete per event and $20 for each relay. ($75 maximum per team or $150 per school.)

**SURFACE:** Rubberized track, please use only ¼” (or shorter) pyramid spikes. Shot Put and Discus rings are concrete. Javelin runway is grass. High Jump and Long Jump runways are rubberized surface.

**REGISTRATION & RESULTS:** [www.runnercard.com](http://www.runnercard.com)

**General Meet Information**:

1. **E-mail us at** [**westjamie2@gmail.com**](mailto:westjamie2@gmail.com) **if you are interested in attending the meet.** Enter all entries on **runnercard.com by WedApril16th @ 8 pm.** Athletes must check in prior to all events and receive heat and lane assignment in the bullpen. Field event athletes must check in with the event judge.
2. All throwing implements will be weighed and certified according to the NFSHA rules. Javelins must be the IAAF Javelin.
3. Automatic timing system will be used for all races (timed finals).
4. Individual entries are limited to four events per athlete; 5 participants per event and 1 relay team per event.
5. Throwers and Jumpers will be allowed three tries (top nine to finals).
6. Schools should dress prior to arrival. Locker room will not be available; restrooms are available.
7. Questions concerning the meet should be directed to Jamie West: westjamie2@gmail.com

More information on page 2

|  |  |
| --- | --- |
| **MORGAN POCKET CHANGE INVITATIONAL, April 19 2014** | |
|  | |
| 8 am Morning Weigh-in 11 am Afternoon Weigh-in | |
|  | |
| 8:30 am Coaches meeting |  |
| |  |  | | --- | --- | | **Schedule of Events** | | |  | | | Running Events: 9 am | Field Events: 9 am | | 3200 m | Boys Shot (30 ft. minimum) | | 100m/110 m Hurdles | Boys High Jump (starts at 5’4”) | | 100 m | Girls Long Jump(12 ft. minimum) | | 1600m | Girls Discus (65 ft. minimum) | | 4 x 100m Relay | Girls Javelin (60 ft. minimum) | | 400 m  Exhibition Event – Special Olympics 50m dash | Field Events: Starting at 12:00pm | | 300 M Hurdles | Girls Shot (20 ft. minimum) | | 800 m | Girls High Jump (starts at 4’0”) | | 200 m | Boys Discus (90 ft. minimum) | | Medley Relay | Boys Javelin (100 ft. minimum) | | 4 x 400 m Relay | Boys Long Jump (17 ft. minimum) | | \*All running events will go girls first  then boys. \*5 participants per event and 1relay from each school per event. | We will measure at least one mark if it is close to the mark. |   Each athlete is allowed only 4 events.  We are excited to have you come to our meet!  Jamie West, Track Coach 801-721-0333 westjamie2@gmail.com |  |