2023 EARLY BIRD INVITATIONAL

**Date:** March 17-18th, Friday 3pm and Saturday at 9am

**Open to:** 1A - 6A Track Teams

**Location:** Mountain View High School  665 Center St, Orem, UT 84057

**Registration/Fees:** Registration will be posted on runnercard.com and will close the 15th of March at Midnight

 $8.00 per athlete per event and $20.00 for each relay

($100.00 maximum per team or $200.00 boys/girl’s maximum).

**Entrys:** teams may enter up to 50 entries (per gender) and 1 relay team per relay per gender

 Teams may use an unlimited number of entries per event

 Please do no enter more than 50 entries even though the system may allow it.

**Note:** Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). We do not have an area for pole vault and is not currently part of the meet.

* All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the North end of the stadium under the bleachers. Make sure your athletes are using the IAAF javelins.
* Throwers and Jumpers will be allowed three tries (top nine to finals).

**Meet Contact:**

Mike Strauss (801) 836-4811  email: mvrunning14@gmail.com

This is a State Qualifying meet, the schedule of events is on the next page and all running events will be girls then boys

**Friday, March 17th (All Finals)**

3:00 PM (weigh master opens at 2pm)

**4x200 M**

1600 M

 100 M

100 M Hurdles Girls

110 M Hurdles Boys

 400 M 4X800 M

**Friday, March 17th**

3:00 PM Girls Javelin (Min-70’0”)

3:00 PM Girls Discus (Min-60’0”)

3:00 PM Boys Shot (Min-30’0”)

3:00 PM Girls LJ (Start-12’0”)

3:00 PM Boys High Jump (Min-5’0”)

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**Saturday March 18th (All Finals)**

9:00 AM (weigh master opens at 8am)

 3200 M

 4x100 relay

 300 M Hurdles

 800 M

 200

 4X400 Relay

**Saturday March 18th**

9:00 AM   Boys Javelin (Min-100’0”)

9:00 AM   Boys Discus (Min-75’0”)

9:00 AM   Girls Shot (Min-20’0”)

9:00 AM   Boys Long Jump (Start-17’0”)

9:00 AM   Girls High Jump (Min-4’0”)