2016 Buffalo Invitational

Hosted By Valley High School - Kanab, Utah

State Qualifying Track and Field Invitational

Saturday, April 23rd @ 9:00 a.m.

General Meet Information:

1. Coaches Meeting:

A Coaches Meeting will be held Saturday, April 23rd at 8:30 a.m. at the finish line. A Team packet will be available for coaches at that time.

2. Entry Fees:

$7.00 per athlete for individual registrations or $75 maximum per team. ($150 for Boys and Girls combined teams)

3. Submitting Your Entries:

All entries will be taken via the internet at [www.runnercard.com](http://www.runnercard.com).

Entries for the meet are due on RunnerCard on Friday, 4/22 by 2:00 p.m. Only scratches will be accepted after that time. No additions or substitutions will be accepted after that time.

We will seed individuals according to the times/marks so please be accurate in entering the information on RunnerCard.

Lanes with scratches will be left empty.

4. Number of Entries:

 Athletes may only participate in up to 4 events, including relays.

 Teams may enter only one relay team per event.

5. Meet Rules and Scoring:

 NFHS and UHSAA rules will govern the meet.

Scoring will be 10, 8, 6, 5, 4, 3, 2, 1, - eight places for Individual Events and Relays.

6. Awards:

Medals will be given to the Top Three Finishers in individual events and 1st Place in each relay.

Team trophies will be given to the meet champions.

7. Number of Attempts:

 Throwers and jumpers will be allowed 3 attempts.

The top nine athletes from the preliminary flights advance to finals for an additional three attempts for Discus, Javelin, Shot Put, and Long Jump.

8. Throwing Implements:

All throwing implements will be weighed and certified according to NFHS and UHSAA rules.

Make sure your athletes are using IAAF javelins and that other throwing implements meet the standards.

Other helpful information:

 Concessions will be sold including lunch options. Bathrooms are located on the south end of the track connected to the concessions. Results will be posted as soon as possible after the completion of each event. Final results will be posted to RunnerCard following the completion of the meet.

Questions concerning the meet should be directed to:

Joseph Sorensen – sorensenj@kane.k12.ut.us or (435) 668-0930

Robert Lacey – laceyr@kane.k12.ut.us or (801) 310-7116

Buffalo Invitational Track and Field Meet

April 23rd, 2016

*Schedule of Events*

8:30 a.m. Coaches Meeting at the Finish Line

 Implement weigh-in

Girls will compete first, followed by the boys.

Timed Finals -- Start Time 9:00 a.m. Field Events – Start Time 9:00 a.m.

3200 M High Jump Boys

100 M Hurdles Long Jump Girls

110 M Hurdles Shot Put Girls

100 M Discus Boys

1600 M Javelin Boys

400 M

LUNCH BREAK

300 M Hurdles Long Jump Boys

400 M Relay High Jump Girls

800 M Shot Put Boys

Medley Relay Discus Girls

200 M Javelin Girls

1600 M Relay

\*\*There will be trials and finals in the field events. Top nine will qualify for finals.