



2023 Nyle Norris Invitational

Sponsored by the State Bank of Southern Utah

Hosted By Richfield High School - Richfield, Utah

State Qualifying Track and Field Invitational

Saturday, April 15th @ 9:00 a.m.

General Meet Information:

1. Coaches Meeting:

A Coaches Meeting will be held Saturday, April 15th at 8:30 a.m. at the finish line.

A Team packet with heat sheets will be available for coaches at that time.

2. Entry Fees:

\$75 per gender (\$150 per school for boys and girls teams). (This fee will be waived if your school will be in charge of a field event)

No individual registrations

3. Submitting Your Entries:

All entries will be taken via the internet at www.runnercard.com. Look for the 2023 Nyle Norris Invitational link.

Entries for the meet are due on RunnerCard on Thursday, April 13 by 6:00 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. Events will not be reseeded.

4. Number of Entries:

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

Teams may enter up to 5 athletes per running event and 5 athletes per field event.

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. Only the 1st attempt will be measured unless they meet the minimum mark.

Minimum Marks:

Boys		Girls	
SP	30'	SP	20'
Discus	80'	Discus	60'
Javelin	100'	Javelin	70'
Long Jump	15'	Long Jump	12'
High Jump	5' starting height	High Jump	4' starting height

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.

9. Timing:

A Finish Lynx system will be used.

All races will be timed finals.

Please provide accurate times when putting entries into RunnerCard for seeding purposes.

10. Stickers:

Only the following events will be stickered: 800 M, 1600 M., 3200 M, and 4X400M Relay (last leg), and Medley Relay (last leg).

Each sticker should have the athletes First and Last Name, Event, and School.

Other helpful information:

Concessions will be available. Bathrooms are located on the north end of the track. Results will be posted as soon as possible near the concessions area 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:

Jim Monsen – james.monsen@seviersd.org or (435) 893-1355

Carma Barnett – carma_barnett@yahoo.com or (405) 595-1208

Nyle Norris Invitational Track and Field Meet
April 15th, 2023
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.

Medley Relay

4x800

100 M Hurdles

110 M Hurdles

100 M

1600 M

4x100 M Relay

400 M

300 M Hurdles

4x200

800 M

200 M

3200 M

4x400 M Relay

Field Events – Start Time 9:00 a.m.

High Jump Boys 5' starting height

Long Jump Girls 12' min.

Shot Put Girls 20' min.

Discus Boys 85' min.

Javelin Boys 105' min.

High Jump Girls 4' starting height

Long Jump Boys 15' min.

Shot Put Boys 30' min.

Discus Girls 60' min.

Javelin Girls 70' min.

****There will be trials and finals in the field events. After 1st attempt, athletes must meet minimum mark to be measured. Top nine will qualify for finals.**

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BOYS MEET RECORDS

EVENT	MARK	NAME	SCHOOL	YEAR
100m	10.67	C. Memmott	Park City	1996
200m	21.70	Freeman	North Sevier	1966
400m	49.49	J. Barney	Richfield	2006
800m	1:57.58	T. Norris	Panguitch	2009
1600m	4:26.85	H. Harward	Richfield	2018
3200m	9:46.28	M. James	Park City	1992
110h	14.43	B. Wulfenstein	Desert Hills	2013
300h	39.08	B. Wulfenstein	Desert Hills	2013
High Jump	6' 11"	M. Rogerson	Parowan	1990
Long Jump	22' 08.5"	B. Marinov	Wasatch Academy	2003
Shot Put	56' 10.5"	A. Carter	Beaver	2017
Discus	165' 10"	R. Rider	Richfield	1971
Javelin	233' 00.5"	R. George	Millard	1971
4x100 Relay	42.96	C. Page B. Henley J. Goodwin T. Goodwin	Timpview	2007
4x400 Relay	3:27.17		Springville	2013
Medley	3:36.92	T. Bulloch B. Allred D. Trotter B. Pearson	Cedar	2014

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GIRLS MEET RECORDS

EVENT	MARK	NAME	SCHOOL	YEAR
100m	12.30	S. Nielson	Delta	2021
200m	25.48	K. Sorensen	Gunnison	2016
400m	57.68	P. Torgerson	North Sevier	2016
800m	2:23.15	P. Torgerson	North Sevier	2016
1600m	5:17.48	L. Adams	Park City	1996
3200m	11:08.32	L. Adams	Park City	1996
110h	14.57	S. Nielson	Delta	2021
300h	43.29	K. Sorensen	Gunnison	2016
High Jump	5' 6"	R. Farr	Park City	1995
Long Jump	17' 06.75"	H. Austad K. Macdonald	Hurricane Beaver	1989 2013
Shot Put	42' 2"	A. Larsen	Emery	1998
Discus	131' 6"	J. Roden	Canyon View	2021
Javelin	122' 10"	L. White	Beaver	2017
4x100 Relay	49.66	Stapel Montgomery Murray Rosenberg	Springville	2013
4x400 Relay	4:11.12	Harker Griffen Hinton Thorpe	Pine View	1995
Medley	4:14.30	Vipperman Swasey Jackson Funk	Emery	1995

