

2017 Herriman Twilight Invitational

WHEN: May 5th, 2017

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

Weigh-ins: 2:30pm @ southwest side of the stadium

Field Events: 3:00pm

Track Events: 4:00pm

EXPECTATIONS: This is a sanctioned meet for the purpose of qualifying for State. All times will be FAT with a wind gauge. We run this Invite at the same time as BYU to give teams an opportunity to have another shorter meet option for their best athletes to have a chance to qualify and prepare for Region and State. We expect teams to bring all of their best athletes within the standards, not send your best to BYU and your others to this meet. It is an all or nothing meet!

SPECTATOR ENTRY: \$2 per person

REGISTRATION: Will be on runnercard.com. The code will be emailed. Please have all entries in by 7:00pm on May 4th.

ENTRY: \$180 total fee (includes both boys and girls teams) or \$5 per individual. Make checks out to: Herriman High Track

11917 S. Mustang Trail Way

Herriman, UT. 84096

Individual athletes are limited to 4 events, including relays. There is a limit of 4 per event and 1 relay. If someone has another legit athlete they are trying to qualify for State please email James Barnes.

FIELD EVENTS: will start at 3:00pm. Finals (top 9) will start immediately following the completion of last flight before we flip girls/boys. Field Event participants need to check in and can be moved from flights to accommodate track or other field events, but will have a limited time to do it. Javelin has a grass runway. Implement weigh-in at 2:30pm at the southwest corner of the stadium.

AWARDS: Top 6 for individuals and the top relays. Team awards to the top 2 boys and girls teams.

There will not be a bullpen, clerking will be at the starting line.

Track heats will be fastest to slowest with Girl's heats going first.

Please keep tents away from press box so timing officials have good view

Concessions will be available, with coaches meal tickets on us.

We will finish the meet with "Throwers Relay" (4x100) under the lights.

Any other questions, please email: james.barnes@jordandistrict.org

Schedule of Events

<u>Running Events</u> (4:00pm)	<u>Field Events</u> (3:00pm)	<u>Field Events</u> (5:15pm)
Medley Relay	Boys Long Jump	Girls Long Jump
100/110 Hurdles	Girls High Jump	Boys High Jump
100m Dash	Boys Discus	Girls Discus
1600m Run	Girls Shot Put	Boys Shot Put
4x100m Relay	Girls Javelin	Boys Javelin
400m Dash	Boys Pole Vault	Girls Pole Vault
300m Hurdles		
800m Run		
200m Dash		
3200m Run		
4x400m Relay		
Throwers 4x100 Relay		

2017 Boys Accepted Marks -

100m Dash - 11.80

200m Dash - 24.20

400m Dash - 54.00

110m Hurdles - 17.50

300m Hurdles - 45.00

800m Run - 2:08

1600m Run - 4:53

3200m Run - 10:28

Pole Vault - 10'06

High Jump - 5'09

Long Jump - 18'10

Shot Put - 40'00

Discus - 108'00

Javelin - 120'00

2017 Girls Accepted Marks -

100m Dash - 13.80

200m Dash - 28.00

400m Dash - 1:04.00

100m Hurdles - 17.50

300m Hurdles - 52.00

800m Run - 2:40

1600m Run - 5:54

3200m Run - 12:42

Pole Vault - 7'06

High Jump - 4'08

Long Jump - 14'10

Shot Put - 28'10

Discus - 84'00

Javelin - 80'00