

ALPHA INVITATIONAL

At Timpanogos High School

State Qualifying Track and Field Invitational

March 30 Start 2:00 PM- March 31 Start 3:00

Entry Fee: \$8.00 per athlete per event and \$32.00 for each relay
(\$125 per team/ \$250 for Both boys' and girls' team: -\$50 for working an Event)

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.

DO NOT enter more than 50 entries even though the system may allow it.

Awards: Medals will be given to the top Six Finishers in individual events and the top Finisher in Relays.

Team Trophies will be given to the Meet Champions and Runners-up.

Surface: Rubberized Track. Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). Shot Put and Discus rings are concrete. Javelin runway is grass. Pole Vault, High Jump and Long Jump runways are Rubberized Surface.

General Meet Information

1. Pre-entries with **Runnercard.com by March 28th at 10 pm**. All heats will be formed in the bullpen (Northwest end of the stadium and flights formed at the various field events). Please give FAT times, and accurate distances and heights. Field events will check in at their event.
2. THE INFIELD WILL BE CLOSED TO NON-CONTESTANTS (including coaches) and only open to athletes who have been called for participation and awards.
3. All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the Northwest end of the stadium in front of the Track Shed. Make sure your athletes are using the IAAF javelins.
4. Flash timing system will be used for all races (timed finals).
5. Distance (800-3200) races may start in alleys depending on heat size.
6. Relays: 4x400 will be run with a three-turn stagger. 4x200 will be run with a four-turn stagger
7. Schools should dress before arriving at the meet.
8. Throwers and Jumpers will be allowed three attempts. The first attempt will be marked, after which the minimum standard will be adhered to for subsequent attempts. (top nine to finals).
9. Minimum marks measured will be set as follows:

	<u>Girls</u>	<u>Boys</u>
Discus	65'	90'
Javelin	60'	100'
Shot Put	25'	35'
Long Jump	12"	16'
10. The crossbars for the High Jump and the Pole Vault will be raised as follows:
Girls HJ - 4'04", 4'06", 4'08", 4'10", 4'11", 5'00", 5'01", 5'03" one inch thereafter.
Boys HJ - 5'04", 5'06", 5'08", 5'10", 6'00", 6'01", 6'03" one inch thereafter.

Questions concerning the meet should be directed to:

Jody Benson - Email: jodylbenson@alpinedistrict.org

Payment Instruction

- Payments:
 - Check,
 - Credit Card (Call Freddie Johnson, 801-610-8178)
 - MySchoolfees.com
 - sign in as a guest
 - Type in Timpanogos High School
 - Select from drop down list
 - Track Alpha Invitational
 - Add to cart
 - Check out

- **Entry Fee:** \$8.00 per athlete per event and \$32.00 for each relay
- \$125 per team/ \$250 for Both boys' and girls' team:
- -\$50 for working an Event for one day. A team can get \$50 off their entry fee by working an event for One day. (Only -\$50 can be taken off, a team cannot work both days.)

Meet Assignments (First come first served - Respond to me via text or email)

Girls and Boys Pole Vault @ **Lone Peak** on Tuesday, March 29 at 2:00pm

Girls Shot **West Lake**

Boys Shot **Payson**

Girls Discus **Maple Mountain**

Boys Discus **Davis**

Girls Javelin **Provo**

Boys Javelin **Brighton**

Girls Long Jump **Jordan**

Boys Long Jump **Evanston**

Girls High Jump **Springville**

Boys High Jump **PG**

Relay Exchanges and Line Judges Wednesday **Lehi**

Relay Exchanges and Line Judges Thursday **Orem**

Hurdle Crew (1 – 2 people stationed at each flight of hurdles)

Wind Gauge:

Girls Long Jump

Boys Long Lump Wind Gauge **Alta**

Home stretch Wind Gauge (100m, 100/110mH, 200m) **Farmington**

Announcer – **Timo Mostert AF**

ALPHA INVITATIONAL

March 30-31

At Timpanogos High School

Order of Events

Wednesday Schedule (March 30th)

Start time: 2:00 p.m.

Girls First followed by Boys

Running Events

4X200m **Finals**

1600m Run **Finals**

100m Hurdle Prelims (Girls)

110m Hurdles Prelims (Boys)

100m Prelims

400m Prelims

300m Hurdles Prelims

200m Prelims

4X800m **Finals**

Thursday Schedule (March 31st)

Start time: 3:00 p.m.

Running Events

100m Hurdles **Finals** (Girls)

110m Hurdles **Finals** (Boys)

100m **Finals**

3200m Run **Finals**

4X100m Relays **Finals**

400m **Finals**

300m Hurdle **Finals**

800m Run **Finals**

200M **Finals**

4X400 Relay **Finals**

1:00 p.m. Weigh-in

Northwest end of stadium in front of Track Shed. 2:00 p.m. Weigh-in

Field Events

Javelin (Girls, Min 60')

Discus (Boys, Min 90')

High Jump (Girls, Start 4'4")

Long Jump (Boys, Min 16')

Shot Put (Girls, Min 25')

Field Events

Javelin (Boys, Min 100')

Discus (Girls, Min 65')

High Jump (Boys, Start 5'4")

Long Jump (Girls, Min 12')

Shot Put (Boys, Min 35')

Pole Vault Girls and Boys. Tuesday, March 29 at 2:00 Utah Pole Vault Academy

Kojo Sports Training Complex
12472 S Meadow Spring Ln
Riverton, UT 84065

ALPHA INVITATIONAL BOYS RECORDS

Boys	Name	School	Time/distance	year
100M	Cody Hagen	Corner Canyon	10.74	2021
200M	Cody Hagen	Corner Canyon	21.39	2021
400M	Michael Bluth	Riverton	48.72	2014
800M	Austin Klinger	West Jordan	1:50.61	2021
1600M	McKay Johns	American Fork	4:14.90	2015
3200M	Carson Burian	Rowland Hall	9:05.18	2021
110 H	Trevor Lampe	Jordan	15.02	2013
300 H	Kody Codner	Orem	38.98	2016
High Jump	Zach Blackam	Orem	6-08	2013
Pole Vault	Bobby Kittlell	Mountain View	14-05	2008
Long Jump	Jadon Pace	Mountain View	22-00	2012
Shot Put	Mark Bryant	Orem	56-02	2021
Discus	Mark Bryant	Orem	170-03	2021
Javelin	Austin Kafentzis	Jordan	198-06	2014
4X100 Relay		Corner Canyon	41.44	2021
4X200 Relay		Skyridge	1:29.77	2021
4X400 Relay		Riverton	3:22.63	2014
4X800 Relay		Skyridge	7:58.91	2021
Sprint Medley		American Fork	3:34.37	2013

ALPHA INVITATIONAL GIRLS RECORDS

Girls	Name	School	Time/distance	year
100M	Natalie Stewart	Spanish Fork	12.16	2008
200M	Meghan Hunter	Provo	24.58	2018
400M	Meghan Hunter	Provo	54.70	2018
800M	Nachelle Stewart	Spanish Fork	2:14.75	2008
1600M	Carlee Hansen	Woods Cross	4:56.20	2021
3200M	Emily Rich	Bingham	11:00.74	2013
100 H	Elsja Mecham	Summit Academy	14.36	2015
300 H	Kaitlin Walker	Wasatch	45.20	2013
High Jump	Eden Richards	Orem	5-05	2017
Pole Vault	Bethany Foster	Bingham	10-00	2013
Long Jump	Brianna White	West	18-03.5	2017
Shot Put	Kassie Nagel	Morgan	41-01.50	2013
Discus	Candus Aiello	Riverton	124-01	2008
Javelin	Tarin Strosser	Maple Mountain	129-11	2014
4X100 Relay		Lone Peak	48.94	2017
4X200 Relay		Lone Peak	1:45.50	2021
4X400 Relay		Lone Peak	3:57.27	2021
4X800 Relay		Lone Peak	9:50.10	2021
Sprint Medley		Provo	4:16.64	2015