**2016 Utah County Invitational**

**@ Pleasant Grove High School**

State Qualifying Track and Field Invitational

Friday, April 15th & Saturday, April 16th

This meet is open only to Utah County Schools. Please email me for the entry code.

(glarson@alpinedistrict.org)

Please use good judgement when choosing a spot for your team canopies.

Think about foot traffic, spectator view, etc.

**Entry Fee**: $5.00 per athlete per event and $20.00 for each relay

OR

$75.00 maximum per team ($150.00 boys/girls maximum)

There is no entry fee for spectators.

**Entry Limit**: Each team will be allowed five (5) athletes in Distance and Field Events, four (4) in Lane Events,

one (1) relay team per relay event.

**Awards**: Awards will be given to the top 3 finishers in individual events and the first place relay.

Team Trophies will be given to the Meet Champions.

**Surface**: Rubberized Track. Please note the only 1/4" (or shorter) pyramid spikes can be used.

Shot Put and Discus rings are concrete. Javelin runway is grass. Pole Vault, High Jump and Long Jump runways are Rubberized Surface.

\*Note: The Pole Vault is Thursday @ Lone Peak High School @ 4 pm.\*

**General Meet Information**

* Pre-entries with **Runnercard by April 14th at noon**. The bullpen will be in the shed at the south end of the track. Please listen to the PA announcer so you know when to report. Please use FAT times (especially for sprints, and accurate distances in the field events
* All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted by the shed at the south end of the track. Make sure your athletes are using the IAAF javelins.
* Pyro-Bryte/Eagle Eye timing system will be used for all races (timed finals).
* Individual entries are limited to four events per athlete.
* Schools should dress before arriving at the meet.
* Throwers and Jumpers will be allowed three tries (top nine to finals).
* Minimum marks measured will be set as follows: Girls Boys

Discus 60' 90' Javelin 60' 100'

Shot Put 20' 35'

Long Jump 12'6" 17'

The crossbars for the High Jump and the Pole Vault will be raised as follows:

Girls High Jump: 4’6” 4’8” 4’10” 5’0” 5’1” 5’2” (TBD by judge after 5’2”)

Boys High Jump: 5’6” 5’8” 5’10” 6’0” 6’1” 6’2” (TBD by judge after 6’2”)

Girls Pole Vault: 6’3” 6’9” 7’3” 7’10” 8’ 3” 8’9” 9’3” (TBD by judge after 9’3”)

Boys Pole Vault: 9’3” 9’11” 10’5” 10’11” 11’5” 11’11” 12’5” (TBD by judge after 12’5”)

* Questions concerning the meet should be directed to Glenn Larson: glarson@alpinedistrict.org

2016 Utah County Invitational Event Schedule

@ Pleasant Grove High School

\*\*The Pole Vault (boys & girls) will be contested on

Thursday at Lone Peak HS at 4 pm.\*\*

Friday, April 15th (4 pm)

|  |  |
| --- | --- |
| Running Events | Field Events |
| 1600 Meters Finals  100/110 Meter Hurdles Trials  100 Meters Trials  400 Meters Trials  300 Meter Hurdles Trials  200 Meters Trials  Medley Relay Finals | Boys High Jump  Girls Long Jump  Boys Javelin  Boys Shot Put  Girls Discus  Pole Vault (Thursday @ LPHS) |

Saturday, April 16th (9 am)

|  |  |
| --- | --- |
| Running Events | Field Events |
| 3200 Meters Finals  100/110 Meter Hurdles Finals  100 Meters Finals  4x100 Meter Relay Finals  400 Meters Finals  300 Meter Hurdles Finals  800 Meters Finals  200 Meters Finals  4x400 Meter Relay Finals | Girls High Jump  Boys Long Jump  Girls Javelin  Girls Shot Put  Boys Discus |