**2015 JUAB INVITATIONAL**

Hosted by Juab High School - Nephi, Utah

State Qualifying Track and Field Invitational

Friday, April 3rd, 2015 @ 1:00 PM

**General Meet Information:**

**1. Meet Dates:**

1. We are hoping to be able to fit all events into the competition on Friday, April 3rd. The meet starts promptly at 1:00 PM.
2. However, weather, darkness, or other factors, may cause the Games Committee to push some events to Saturday, April 4th, if needed.

**2. Entry Fees:**

1. $5.00 per athlete.
2. $65.00 maximum per team or $130.00 Boys + Girls combined maximum.

**3. Submitting Your Entries:**

1. All entries will be taken via the internet at www.runnercard.com. Look for the “2015 Juab Invitational” link.
2. Entries for the meet are due on RunnerCard on Thursday, 4/2 by 6:00 PM. Only scratches will be accepted after that time. No additions or substitutions will be accepted after that time.
3. Enter relays with alternates.
4. We will accept the first 10 full Boys teams and the first 10 full Girls teams into the meet. After that point, we reserve the right to close the meet in order to ensure that the meet size stays manageable.
5. We are going to try and seed individuals according to times so please be accurate in entering the information on RunnerCard.
6. Emergency scratches only can be made at the 12:30 PM Coaches Meeting on Friday, 4/3 before the meet starts.
7. Lanes with scratches will be left empty.

**4. Number of Entries:**

1. Athletes may only participate in up to 4 events, including relays.
2. Teams may enter up to 4 athletes per event.
3. Teams may enter only one relay team per relay event.

**5. Meet Rules and Scoring:**

1. NFHS and UHSAA rules will govern the meet.
2. Scoring will be 10, 8, 6, 5, 4, 3, 2, 1 - eight places for Individual Events and Relays.

**6. Awards:**

1. Medals will be given to the Top three finishers in individual events and 1st place in each relay.
2. Team trophies will be given to the meet champions.

**7. Number of Attempts:**

1. Throwers and Jumpers will be allowed three attempts.
2. The Top nine athletes from the preliminary flights advance to finals for an additional three attempts for Discus, Javelin, Long Jump, and Shot Put.

**8. Uniforms and Spikes:**

1. Uniforms must follow NFHS and UHSAA guidelines. If there are questions, refer to the uniform guideline in the UHSAA State Handbook and the NFHS rulebook. Please notify the meet administrator if there is a discrepancy.
2. Length of spikes may not be longer than ¼” pyramid on track surfaces. No Christmas Trees, Pins, or Needles will be allowed on competition surfaces. Spikes will be checked and monitored by meet officials at each venue.
3. The ¼” pyramid spike rule will be enforced for the Javelin area.

**9. Coaches Meeting:**

1. A Coaches Meeting will be held on Friday, 4/3 at 12:30 PM at the finish line.

**10. Event Surfaces and Locations:**

1. Javelin runway and High Jump area are an All-weather “D” end surface at the South end of the Track.
2. Long jump and Shot Put are on the East side of track near the visitors’ bleachers.
3. Discus will be at the Northeast end of the track.
4. Pole Vault will NOT be contested.

**11. Throwing Implements:**

1. All throwing implements will be weighed and certified according to NFHS and UHSAA rules.
2. The Weigh Master will check all throwing implements at the Track Shed on the Northwest corner of the track from 12:00-12:30 PM for the Field Events.
3. Make sure your athletes are using the IAAF javelins and that other throwing implements meet the standards.
4. For qualified throws or record breaking throws, implements and wind speed will be re-checked following competition.

**12. Timing:**

1. A Finish Lynx Timing system will be used.
2. All races will be timed finals.
3. Please provide accurate times when putting entries into RunnerCard for seeding purposes.

**13. Relay Assignments:**

1. Each school will have an exchange zone assignment for the Relays.
2. All Exchange zone rules will be enforced.

**14. General Guidelines for Field Events:**

1. All Field events will be arranged into flights according to submitted entries, with the best entries in the last flight.
2. If there is a conflict with another event please communicate with the event judge to give your athlete adequate time to compete.
3. We will advance the Top nine athletes to finals in the Discus, Javelin, Long Jump, and Shot Put.
4. The High Jump will operate within the usual guidelines of competition.

**15. Minimum Marks for Field Events:**

1. The first mark will automatically be measured, after which the minimum standard will apply.
2. Minimum marks for Field events will be as follows:

Event Girls Boys

Discus 65’ 90'

Javelin 70' 110'

Long Jump 12' 16'

Shot Put 20' 30'

**16. Starting Heights for High Jump:**

1. Girls High Jump - 4'04", 4'06", 4’08”, 4’10”, and one inch thereafter.
2. Boys High Jump - 5'06", 5’08”, 5'10", 6'00", and one inch thereafter.
3. After the initial heights the bars will rise at 1” increments at the discretion of the Event Judge and the last 3 Athletes in.

**17. Team Packet:**

1. Team Packets will be available by 12:00 PM on Friday, 4/3. These packets will contain a copy of the Heat, Lane, and Flight Assignments. You can pick these up at the Finish Line table.
2. These assignments will also be posted on a wall of the Concessions stand for reference.
3. Pick up your packets promptly upon arriving at the meet so we can address any problems before the Coaches Meeting.

**18. Bull Pen:**

1. The bull pen for each event will be at the location where that event starts.
2. A course clerk will review the lane assignment for each event with the participants.
3. If an athlete does not report by the time the lanes assignments are finalized, they will be scratched from the event.
4. It is up to each coach to refer to the Heat and Lane Assignments in the Team Packet to let your athlete’s know which heat/flight your athletes are in.

**19. Stickers:**

1. Only the following events will be stickered: 800 Meters, 1600 Meters, 3200 Meters, 4 X 400 Meter Relay (last leg), and Medley Relay (last leg).
2. Each sticker should contain the athletes First and Last Name, Event, and School.
3. Ensure that your athletes have the stickers on their uniforms before coming to the bull pen.

**20. Competition Areas:**

1. Only athletes in an event and meet officials are permitted inside the track’s perimeter fence.
2. Please instruct your athletes not to walk across the track and/or field areas to get to an event or the restrooms/Concessions stand.
3. Coaches please help keep all other team members, coaches, and parents out of the infield.
4. The fences and roped off areas are there for a purpose. Please help keep people out of the areas that are cordoned off.

**21. Concessions:**

1. A Concessions stand will be operating throughout the meet at the Southwest corner of the track and the coaches will be provided with a hospitality meal.

**22. Restrooms:**

1. Bathrooms will be available on the West side of the concession stand and the West side of the JHS gym.

**23. Games Committee:**

1. The Games Committee will be comprised of the Head Coach from each school.
2. This committee may be called to meet for grievances, to dispute judgments, or to resolve other issues involving the meet.
3. As the Meet progresses the Games Committee may decide on the time for the conclusion of the Invitational due to weather, darkness, or other factors.

**24. Results:**

1. The results from each heat and the field event finalists will be posted on a wall of the Concession stand as soon as we can after the completion of each event.
2. Final results will also be posted on www.runnercard.com.

**25. Questions Concerning the Meet Should Be Directed To:**

1. Gary Nielson - gary.nielson@juab.k12.ut.us or (435) 623-1764 (Meet Director).
2. Ron Marrelli - ron.marrelli@juab.k12.ut.us or (435) 660-1585 (Course Clerk).

**JUAB INVITATIONAL - SCHEDULE OF EVENTS**

**Coaches Meeting:**

**12:30 PM COACHES MEETING AT THE FINISH LINE:**

Minor schedule adjustments, strategy, emergency scratches, exchange zone assignments, and designate Games Committee. No additions or substitutions will be allowed at this time.

## Order of Running Events:

**\*First Running event starts at 1:00 PM sharp.\***

**\*\*All Running events will be TIMED FINALS.\*\***

**\*\*\*All Running events will go Girls followed by Boys.\*\*\***

* 100 Meter Hurdles / 110 Meter Hurdles
* 100 Meters
* 1600 Meters
* 4 X 100 Meter Relay
* 400 Meters
* 300 Meter Hurdles
* 800 Meters
* Medley Relay
* 200 Meters
* 3200 Meters
* 4 X 400 Meter Relay

## Order of Field Events:

**\*Field Events will begin promptly at 1:00 PM.\***

**\*\*Throwers and Jumpers will be allowed three attempts.\*\***

**\*\*\*The Top nine athletes advance to finals for an additional three attempts for Discus, Javelin, Long Jump, and Shot Put.\*\*\***

* Discus (Boys followed by Girls)
* High Jump (Boys followed by Girls)
* Javelin (Girls followed by Boys)
* Long Jump (Girls followed by Boys)
* Shot Put (Girls followed by Boys)

Pole Vault will NOT be contested.