**Running Events**

\*\* All events will run fastest to slowest

11:45am 5000

12:30pm Steeple

1:00 4X100

1:10 1500

1:30 100/110 Hurdles

1:50 400

2:10pm 100

2:25 800

2:45 400H

3:05 200

3:20 3000

4:00 4X400

**\*\*We will roll the schedule if possible\*\***

9:00 Discus Men

 Shot Women

Follow Disc Women

 Shot Men

Follow Shot and Disc

 Hammer Men

 Hammer Women

Follow Hammer Javelin Men

 Javelin Women

**\*\*\*Throwing events will roll if possible. Please be aware of the running of the event.\*\*\***

**Jumping Events**

10:00am Long Jump Women

Follow Long Jump Men

11:30 High Jump Women

Follow High Jump Men

11:00 Pole Vault Women

Follow Pole Vault Men

1:00 Triple Jump Women

Follow Triple Jump Men



Utah Valley University

UVU HAL WING Collegiate Invitational

(Revised 1/29/19)

Location: Hal Wing Track and Field

Date: March 29, 2019 (Friday)

Gender: Male and Female

Entry Fee: $150.00 per gender ($300.00 for both male and female teams)

Checks to: Utah Valley University

Registration: Runnercard

Registration Deadline: REGISTRATION WILL CLOSE. March 27, 2019 at 5:00pm MTS

Allowed Entries: All College teams and unattached athletes

**Meet Director Contact Information:**

Name: Nelson Orton

Office Phone: 801-863-6783

Email: Nelsonjorton@gmail.com

**Note From Meet Director:**

Hal Wing Track and Field

1200 W 800 S

Orem Utah 84058

**Parking:**

Park off campus either at West Campus (can accommodate 40 buses) or the Business Resource Center west lot (can accommodate 10 buses).

**Spectator Entry fee:** $5.00 for all 12 year of age and up. 11 and under free.

**Spectator and Athlete Parking:** Our school will be charging for parking during this meet. You must park in designated parking lots and pay or you will be subject to a parking ticket.