

Utah Valley University

UVU Hal Wing High School Invitational

Location: Hal Wing Track and Field

Date: March 30, 2019 (Saturday)

Gender: Male and Female

Each Team allowed: **35 events each gender per team**

**If you enter one athlete in 4 events you only have 31 events left for the team.**

Entry Fee: $75.00 per Gender ($150.00 for Boys and Girls).

**If you come with a small team or individuals. $5.00 (each event) up to $75.00**

**Still limited to 35 events**

Checks to: **WOLVERINE TRACK AND FIELD CLUB Not to UVU**

**or you can pay with credit card at the facility**

Registration: High School will be on Runnercard.com

Registration Deadline: REGISTRATION WILL CLOSE. Thursday March 28, 2019 at 5:00pm

**SCRATCH DAY**: Friday March 29, 2019. All scratches at 6:00pm

Heat/Flight sheets posted Friday March 29th at 8:00pm

NO LATE ENTRIES

**WE WILL NOT CONDENSE HEATS. PLEASE ENTER ONLY THE ATHLETES YOU PLAN TO COMPETE**.

**Meet Director Contact Information:**

Name: Nelson Orton

385-207-8378 / 801-210-1556

Email: Nelsonjorton@gmail.com

**Parking:**

**Buses please park in the 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.

**Tents City:** Tents need to be placed against the fence lines on the East and West sides only

**NO TENT SPIKE ALLOWED!**

PLEASE DON’T REGISTER ATHLETES THAT YOU DON’T PLAN ON RUNNING.

PLEASE BE EXACT ON YOUR REGISTRATION. NO LATE ENTRIES

This will help the meet run smoothly.

We will have credentials for ONE PV Coach per school to be in the Pole Vault Coaches box while they

have an athlete in the competition

**Check into Bullpen 30 min before your event is scheduled to run.**

**Girls then boys**

\*\* All events will go fastest to slowest

8:00am 1600 Meter

Girls 100M/Boys 110H

Boys 100M/Girls 100H

2K meter Steeple

4X100 Meter Relay

400 Meters

300 Meter Hurdles

800 Meters

Sprint Medley

200 Meters

3200 Meters

4X400 Meter Relay

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

**\*We will be using the NorthEast Finish Line contrary to what we have used in the past**

**The crossbars for the High School**

High Jump and the Pole Vault will be raised:

**Girls HJ** - 4'06", 4'08", 4’09”, 4’11”, 5’00”, 5' 01", 5' 03", 5' 05" one inch thereafter.

**Boys HJ** - 5' 06", 5’08”, 5' 10" 5' 11", 6' 00", 6’01”, 6' 02" one inch thereafter.

**Pole Vault** - 7' 00", 7'06",8'00",8'05",9' 00",9' 06",10' 02", 10' 07", 11' 00", 11' 06", 12' 00",

12' 06", 12’10”, 13' 00" three inches thereafter. (Girls compete with boys for boys points)

\*\*\* **We will roll the schedule if possible**\*\*\* PLEASE LISTEN TO THE ANNOUNCER

**4 Attempts NO Finals for field events**

8:00am Girls Shot

Boys Discus

Boys High Jump

10:30 Boys Shot

Girls Discus

Girls High Jump

12:30 Girls Javelin

Boys Javelin

8:00

(Runway 1) Girls Long Jump

(Runway 2) Boys Long Jump

8:00 Girls Pole Vault

10:30 Boys Pole Vault

**Minimum Marks (HOG LINE) for Field Events**

**4 attempts no finals**

Shot 25’ Girls

35’ Boys

Discus 75’ Girls

100’ Boys

Javelin 80’ Girls

120’ Boys

Long Jump 13’ Girls

17’ Boys

**Minimum Marks for distance races**

Boys 800 2:10

Girls 800 2:40

Boys 1600 5:10

Girls 1600 6:30

Boys 3200 10:45

Girls 3200 13:00

Boys Steeple 12:30 in the 3200

Girls Steeple 14:45 in the 3200

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