2022 Blue Mountain Invitational

Hosted by Monticello High School - Monticello, Utah

State Qualifying Track and Field Invitational

Friday, April 29th @1:00 p.m.

General Meet Information:

1. Coaches Meeting:

A Coaches Meeting will be held at 12:45 p.m. at the finish line. A Team packet will be available for coaches at that time.

2. Entry Fees:

$5.00 per athlete for individual registrations or $60 maximum per team. ($120 for Boys and Girls combined teams)

3. Submitting Your Entries:

All entries will be taken via the internet at [www.runnercard.com](http://www.runnercard.com). Look for the 2022 Blue Mountain Invitational link.

Entries for the meet are due on RunnerCard on Friday, 4/29 by 10:00 a.m. Only scratches will be accepted after that time.

We will seed individuals according to the times/marks so please be accurate in entering the information on RunnerCard.

Lanes with scratches will be left empty.

4. Number of Entries:

 Athletes may only participate in up to 4 events, including relays.

 Teams may enter unlimited athletes per event.

 Teams may enter more than one relay team.

5. Meet Rules and Scoring:

 NFHS and UHSAA rules will govern the meet.

Scoring will be 10, 8, 6, 5, 4, 3, 2, 1, - eight places for Individual Events and Relays.

6. Awards:

Medals will be given to the Top Three Finishers in individual events and 1st Place in each relay.

7. Number of Attempts:

 Throwers and jumpers will be allowed 4 attempts. No finals.

8. Throwing Implements:

All throwing implements will be weighed and certified according to NFHS and UHSAA rules.

Make sure your athletes are using IAAF javelins and that other throwing implements meet the standards.

9. Timing:

 A Finish Lynx system will be used.

 All races will be timed finals.

Please provide accurate times when putting entries into RunnerCard for seeding purposes.

10. Stickers:

Only the following events will be stickered: 800 M, 1600 M., 3200 M, and 4X400 M Relay (last leg), and Medley Relay (last leg).

Each sticker should have the athletes First and Last Name, Event, and School.

Other helpful information:

 Concessions will be sold including lunch options. Bathrooms are located on the south end of the track. Results will be posted as soon as possible after the completion of each event. Final results will be posted to RunnerCard following the completion of the meet.

Questions concerning the meet should be directed to:

Jeff Hunt – jhunt@sjsd.org or (435) 220-0058

Blue Mountain Invitational

April 29th, 2022

*Schedule of Events*

12:45p.m. Coaches Meeting at the Finish Line

 Implement weigh-in

Girls will compete first, followed by the boys.

Timed Finals -- Start Time 1:00 p.m. Field Events – Start Time 1:00 p.m.

Medley Relay

Until 2:00

3200 M High Jump Girls/Boys

100 M Hurdles Long Jump Boys/Girls

110 M Hurdles Shot Put Girls/Boys

100 M Discus Boys/Girls

400 M Javelin Girls/Boys

1600 M

4x100 M Relay

300 M Hurdles

800 M

200 M

4 x 400 M Relay