

Salem Hills High School

April 26, 2019

Dear Coaches,

As the coaching staff at Salem Hills High School, we are excited to be hosting the ***Skyhawk Invite***. This is a State Qualifying meet and we will have USATF officials. This meet is open only to the first 10 schools expressing interest. Contact Chad Weight ([chad.weight@nebo.edu](mailto:chad.weight@nebo.edu)) if interested.

Please be aware of the following items:

* Each team will be allowed Six (6) athletes in each individual event and one relay team per relay.
* All Registrations will be done online using *Runnercard.com*. Please have all your entries posted on Runnercard.com no later than **Wednesday, April 22th @ 1:00 PM**. Runnercard will close at that time with no exceptions. All times must have ***accurate*** FAT marks/times for each entry to ensure accurate seeding in the Invited Session. If we are all honest in our marks, all deserving athletes will be given an opportunity.
* I will email seeding by **Wednesday @ 7:00pm** for verification, and if necessary, challenge of any marks. Again, please be accurate and honest in your marks so this isn’t necessary.
* 4x200 and 4x800 will be contested. Pole Vault will not be contested.
* Entry fee will be **$150** total for your combined boys/girls team, or $5/athlete.
* Running events will go *slowest to fastest*.
* Girls first, followed by boys in all running events.
* Awards will be given to the top 6 athletes in each individual event

**Skyhawk Invite**

**Events Schedule**

**Running Events**

**3:00pm**

1600 Medley Relay\*

4x800m Relay

100/110 Hurdles

100m

4x200m Relay

1600m

4x100m Relay

400m   
300 Hurdles

800m   
200m   
3200m

**Field Events**

**3:00pm**

Shot (Boys, then girls)

Javelin (Boys, then girls)

Discus (Girls, then boys)

Long Jump (Girls, then boys)

High Jump (Boys, then girls)

Questions? Please contact:

Chad Weight (801) 317-5266 or [chad.weight@nebo.edu](mailto:chad.weight@nebo.edu)

\*Will be contested at 2:45pm

4x400m Relay