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MOUNTAINVIEW HIGH

TO: Athletic Directors/High School Track Coaches

FROM: Dustin Rees – Athletic Director

DATE: March 31, 2021

RE: Mountain View Invitational Track Meet

Mountain View High School will be hosting the Mountain View Invitational Track meet on Wednesday March 31, 2021 **This meet will be sanctioned by the WHSAA as a qualifying track meet.**

**Please register your athletes on RUNNER CARD for organizational purposes and for Results. THIS WILL STILL BE A STICKER MEET. Please include Name, School, and Event for each running event on the stickers.**

**DEADLINE FOR RUNNERCARD: April 29 @ 3:30 pm**

**START TIME:** 3:30 field events, 3:45 running events

**Schools Attending:**

Mountain View – Lyman ––– Kemmerer – Rock Springs –– Farson- Green River- Evanston- Manila- Cokeville- Lander

**Entry Fee:**

$ 50.00 per school – Please make checks or purchase orders payable to: Mountain View High School Activities

**Entry Numbers:**

**PLEASE LIMIT YOUR ENTRIES TO 6 PARTICIPANTS PER EVENT.** Each individual will be allowed (4) event entries including relay’s.

**Equipment:**

1/8 “ spikes – cement shot and discus rings – on long jump pit – one triple jump pit – one pole vault pit – one high jump pit

**Finals:**

Running Events:

All running events will be **Hand Held** timed finals. We ask that your fastest runners are placed in the first heat of each event.

 Field Events:

All field events will be held as finals with no prelims. Flights will be broken up into no more than 8 athletes. In throwing events and horizontal jumps each athlete will be given 4 trials. In vertical jumps athletes are given three attempts at each height.

Minimum Marks to receive a measurement are as follows:

 **Boys Shot: 32’**

**Girls Shot: 22’**

**Boys Discus: 90’**

**Girls Discus: 65’**

**Boys Long: 15’**

**Girls Long: 11’6”**

**Weigh In: Open between 2:45 and 3:15**

Each shot and discus must be weighed in and marked before it can be used in competition. Weigh ins for the shot and disc will be held underneath the stadium.

Pole vaulters will be weighed in and have their poles checked in underneath the stadium.

**Scoring**: 10-8-6-5-4-3-2-1 (8 places)

**Coaches Meeting:**

 Coaches meeting will be held at the finish line at approximately 3:15

**Appeals:**

The meet referee will be responsible for all appeals, the jury of appeals will serve only in an advisory capacity. Members of the jury of appeals are Dustin Rees, Jeff Newton, Jim Dolezal.

**Locke rooms:**

Lockerooms will be available inside the school. Mountain View high school is not responsible for lost or stolen items. Please be sure to keep your valuables with you at all times.

**SCHEDULE OF EVENTS**

**3:30 FIELD EVENTS**

 **Boys Shot (Girls to follow),**

 **Boys’ Long Jump (Girls to follow),**

 **Boy’s Pole Vault (Girls to follow)**

 **Girls’ Discus (Boys to follow),**

 **Girls’ Triple Jump (Boys to follow),**

 **Girls High Jump (Boys to follow)**

*\*\*Starting heights will be determined by the event judge for the high jump and pole vault.*

**3:45 RUNNING EVENTS (Girls followed by boys)**

 **3200 M Run**

 **4 X 800 Relay**

 **100 M Hurdles**

 **110 M Hurdles**

 **100 M Dash**

 **1600 M Run**

 **4 X 100 M Relay**

 **400 M Dash**

 **300 M Hurdles**

 **300 M Intermediate Hurdles**

 **800 M Run**

 **200 M Dash**

 **Sprint Medley Relay**

 **4 X 400 Relay**