

Utah County Invitational 2024

At Skyridge High School

State Qualifying Track & Field Invitational

April 12 start 2:00PM, April 13 start 10:00 AM

Entries and Fees:

6 entries/event

1 team/relay

4 events/athlete (including relays)

\$8.00 per athlete per event and \$32.00 for each relay **OR**

\$150 per team/\$300 for BOTH boys' and girls' team (Whichever is least expensive,)

Awards:

Top Finisher shirts will be given to the top 6 finishers in individual events and the top finishing team in relays.

Team Trophies will be given to the boys and girls Meet Champions and Runners-up.

Surface: Rubberized Track. Please note that only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked before field events and at race staging). Shot Put and Discus rings are concrete. Javelin runway is grass. Pole Vault, High Jump and Long Jump runways are Rubberized Surface.

General Meet Information:

1. Pre-entries with **Runnercard.com by April 10th at 10 pm**. All heats will be formed by the Clerk of the Course at the starting line. Please give FAT times, and accurate distances and heights. Field events will check in at their event.
2. THE INFIELD WILL BE CLOSED TO NON-CONTESTANTS (except for coaches) and only open to athletes who have been called for participation and awards.
3. All throwing implements will be weighed and certified according to the National Federation Rules. Weigh-in will be conducted at the Southwest end of the stadium. Make sure your athletes are using the IAAF javelins.
4. RunnerCard will be timing for all races.
5. Distance (800-3200) races may start in alleys depending on heat size.
6. Relays: 4x400 will be run with a three-turn stagger. 4x200 will be run with a four-turn stagger. Medley will be run with a two turn stagger.
7. Schools should dress before arriving at the meet.
8. Throwers and Jumpers will be allowed three attempts. The first attempt will be marked, after which the minimum standard (indicated below) will be adhered to for subsequent attempts. Top nine to finals.
9. The crossbars for the High Jump and the Pole Vault will be raised as follows:
Girls HJ - 4'03", 4'05", 4'07", 4'09", 4'11", one inch thereafter.
Boys HJ - 5'03", 5'05", 5'07", 5'09", 5'11", one inch thereafter.

Questions concerning the meet should be directed to:

Ronda Hansen - email: rondahansen@alpinedistrict.org text: 8016315782

Payment Instruction:

PLEASE PAY ENTRY FEES BEFORE 4/10.

Options to pay:

- ➔ Check to: Skyridge High School
3000 North Center Street
Lehi, UT 84043
- ➔ MySchoolfees.com
 - ◆ Sign in as a guest
 - ◆ Type in Skyridge High School
 - ◆ Select from drop down list
 - ◆ Show public items
 - ◆ Category: Track - Utah County Invitational
 - ◆ Add to cart
 - ◆ Check out
- ➔ Credit Card (Call Stephanie Fairchild @ 801-610-8820)

Entry Fees:

- \$8.00 per athlete per event and \$32.00 for each relay **OR**
- \$150 per team/\$300 for Both boys' and girls' team (Whichever is least expensive.)

Meet Assignments (First come first served - Respond to me via text or email)

IF YOU DO NOT VOLUNTEER FOR AN ASSIGNMENT YOU WILL BE GIVEN ONE

PLEASE REPORT TO YOUR STATIONS 10 MINUTES BEFORE YOU ARE NEEDED

Girls Shot - Provo

Boys Shot - Timpanogos

Girls Discus

Boys Discus

Girls Javelin - Springville

Boys Javelin - Salem Hills

Girls Long Jump **INCLUDING** Wind Gauge - Maeser Prep

Boys Long Jump **INCLUDING** Wind Gauge

Girls High Jump - Mountain View

Boys High Jump - Lehi

Pole Vault (**All on Friday**) - American Fork

Relay Exchanges Friday **AND** Saturday - Payson

Hurdle Crew (1 – 2 people stationed at each flight of hurdles) Friday - Maple Mountain

Hurdle Crew (1 – 2 people stationed at each flight of hurdles) Saturday - Timpview

Home stretch Wind Gauge (100m, 100/110mH, 200m) Friday **AND** Saturday

3 people to help in the press box Friday **AND** Saturday

FOOD and VENDORS AVAILABLE AT THE MEET:

- There will be Poly Plates and The Nug available Friday, and Saturday.
- Simple concessions will be available: water, gatorade, healthy snacks **NO CASH**
- Other snack and drink vendors will be available throughout both day including:
Shave Ice/Hot Chocolate
The Lemonade Stand
- “Utah County Invitational 2024” tshirts will be for sale at the meet. **NO CASH**
- Iglu outfitters gear will be available for purchase.

Meet Schedule/Order of Events

Friday Schedule (April 12th)

Coaches meeting at finish line 1:30

Start time: 2:00 p.m.

Running Events

Girls First followed by Boys

Sprint Medley Relay Timed **Finals** (1A-4A)

4x200m Timed **Finals** (5A-6A)

1600m Run Timed **Finals**

100m Hurdle Prelims (Girls)

110m Hurdles Prelims (Boys)

100m Prelims

400m Prelims

300m Hurdles Prelims

200m Prelims

4x800m Timed **Finals** (5A-6A)

Field Events

1:00 p.m. Implement Weigh-in

Northwest end of stadium

Javelin Girls (Min 60')

Saturday Schedule (April 13th)

Coaches meeting at finish line 9:30

Start time: 10:00 a.m.

Running Events

Girls First followed by Boys

100m Hurdles **Finals** (Girls)

110m Hurdles **Finals** (Boys)

100m **Finals**

3200m Run Timed **Finals**

4x100m Relays Timed **Finals**

400m **Finals**

300m Hurdle **Finals**

800m Run Timed **Finals**

200M **Finals**

4x400 Relay Timed **Finals**

Field Events

9:00 a.m. Implement Weigh-in

Northwest end of stadium

Javelin Boys (Min 100')

Discus Boys (Min 90')
High Jump Girls (Start 4'3")
Long Jump Boys (Min 17')
Shot Put Girls (Min 25')

Pole Vault Girls followed by boys

Discus Girls (Min 65')
High Jump Boys (Start 5'3")
Long Jump Girls (Min 13')
Shot Put Boys (Min 35')