



Tony Glover Memorial Meet

Saturday, June 15, 2024

Timpanogos High School
1450 N 200 E, Orem, UT 84057

RULES & CONDUCT:

USA Track & Field Competition Rules will govern. Coaches and parents are responsible for the conduct of their athletes. Failure to maintain proper control or display good sportsmanship may result in the removal of a team or individual from further competition, or the expulsion of a coach, parent, or spectator.

Athletes please check in at the start line for your track events and at your field event venue.

Pay attention to the rolling schedule and calls as they are made.

¼” spikes are the longest allowed. Absolutely no needle nose or Christmas tree spikes will be permitted.

Events/Results will be scored/divided according to USATF age divisions. We will have awards available.

Schedule of Events

8:30am Coaches meeting will be at the finish line

8:50am National anthem

8:55am Tribute to Tony

9:00am Track Events will be on a rolling schedule. Girls first followed by Boys

3000M run - age 11+

80M hurdles - ages 11-12

100M hurdles - ages 13 & older

110M hurdles - ages 15 & older

The Athlecare 100M dash

1500M run

400M dash

4 x 100M relay (Relays will be formed at the meet registration table)

200M hurdles - ages 13 & 14

400M hurdles - ages 15+

800M run

200M dash

4 x 400M relay (Relays will be formed at the meet registration table)

Field events

****NOTE TIME CHANGES BASED ON # OF ENTRIES**

4 Attempts will be given at all field events (except HJ)

Long jump

9:00-11:00 Girls/Boys Ages 0-13

11:00-1:00 Girls/Boys Ages 14+

Triple jump (after long jump):

1:00 All Entries

Shot put

9:00-11:00 Open Pit for all Ages

Javelin:

9:00-11:00 Open Pit for all Ages

Discus:

11:00-1:00 Open Pit for All Ages

High jump the bar will start at 3ft 2 for both sessions. You can choose which session works for your athlete's schedule.

9:00am Session #1

11:00am Session #2

Timpanogos High School

