2020 TWILIGHT INVITATIONAL

WHEN: May 1st, 2020

START TIME - due to sunlight and wanting to finish under the lights, field events will start early

Weigh-ins: 2:30 @ southwest side of the stadium

Field Events: 3:00

Track Events: 4:00

WHERE: Herriman High School

SPECTATOR ENTRY: $2 per person

REGISTRATION: We will use Runnercard. Code will be emailed. Please have all entries

in by midnight on April 29th.

ENTRY FEE: $150 total (includes both boys and girls teams)

General Information

* Pre-entries are due by midnight April 29th.
* Weigh-in will take place on Southwest side of the stadium.
* Individual athletes are limited to 4 events, including relays.
* Field events start at 5. Finals (top 9) immediately follow completion of last flight before we flip girls/boys
* Long Jump: Best flight to worst (try to get as many done before track events start)
* No bullpen, clerking at the starting line.
* Team limit on athletes per event: 5
* Track heats will be Fastest to slowest with Girls heats going first
* Awards: Custom Medals
* Field Event participants need to check in and can be moved from flights to accommodate track or other field events.
* Please keep tents away from press box so timing officials have good view
* Javelin has a grass runway.
* Make checks out to Herriman High Track
* Concessions will be available
* Finish the meet with Throwers Relay (4x100) under the lights

 Any other questions, please email: jonathan.haag@jordandistrict.org

Schedule of events

 **Running Events** (4:00) **Field Events**  (3:00pm) **Field Events** (5:00)

 4x800m Relay Boys Long Lump Girls Long Jump

100/110 Hurdles Girls High Jump Boys High Jump

 100m Dash Boys Discus Girls Discus

4x200m Relay Girls Shot Put Boys Shot Put

1600m Run Girls Javelin Boys Javelin

4x100m Relay Boys Pole Vault Girls Pole Vault

400m Dash

300m Hurdles

800m Run

Medley Relay

200m Dash

3200m Run

4x400m Relay

Throwers 4x100 Relay