



Utah Valley University
UVU Hal Wing High School Invitational
(Revised 02/05/18)

Location: Hal Wing Track and Field
Date: March 31, 2018 (Saturday)
Gender: Male and Female

Each Team allowed: **35 events each gender per team**
If you enter one athlete in 4 events you only have 31 events left for the team.
Steeplechase and relays do not count against your events

Entry Fee: \$75.00 per Gender (\$150.00 for Boys and Girls).
If you come with a small team or individuals. \$5.00 (each event) up to \$75.00
Still limited to 35 events

Checks to: **WOLVERINE TRACK AND FIELD CLUB**
or pay with credit card at the facility

Registration: High School will be on Runnercard.com
Registration Deadline: REGISTRATION WILL CLOSE. March 29, 2018 at 5:00pm

SCRATCH DAY: March 30, 2018. All scratches at 6:00pm
Heat/Flight sheets posted March 30th at 8:00pm
NO LATE ENTRIES

WE WILL NOT CONDENSE HEATS. PLEASE ENTER ONLY THE ATHLETES YOU PLAN TO COMPETE.

Meet Director Contact Information:

Name: Nelson Orton Cell Phone: 385-207-8378 Email: runninrex@gmail.com

Hal Wing Track and Field
1200 W 800 S
Orem Utah 84058

Parking:

Buses please park off campus either at West Campus (can accommodate 40 buses) or the Business Resource Center west lot (can accommodate 10 buses).

Spectator Entry fee: \$2.00 for all 12 year of age and up. 11 and under free.

Tents City: Tents need to be placed against the fence lines on the East and West sides only
NO TENT SPIKE ALLOWED!

PLEASE DON'T REGISTER ATHLETES THAT YOU DON'T PLAN ON RUNNING.
PLEASE BE EXACT ON YOUR REGISTRATION. NO LATE ENTRIES
This will help the meet run smoothly.
Check into Bullpen 30 min before your event is scheduled to run.

Girls then boys

** All events will go fastest to slowest

8:00am 1600 Meter
 Girls 100M/Boys 110H
 Boys 100M/Girls 100H
 2K meter Steeple
 4X100 Meter Relay
 400 Meters
 300 Meter Hurdles
 800 Meters
 Sprint Medley
 200 Meters
 3200 Meters
 4X400 Meter Relay

8:00am Girls Shot
 Boys Discus
 Boys High Jump

10:30 Boys Shot
 Girls Discus
 Girls High Jump

12:30 Girls Javelin
 Boys Javelin

8:00
 (Runway 1) Girls Long Jump
 (Runway 2) Boys Long Jump

10:00 Girls Pole Vault

12:30 Boys Pole Vault

***We will roll the schedule if possible**
***The 100M and the 100H/110H will be run**
simultaneously. 100M on the homestretch and
100H/110H on the backstretch

The crossbars for the High School

High Jump and the Pole Vault will be raised:

Girls HJ - 4'05", 4'07", 4'09", 4'11", 5' 01",
5' 03", 5' 05" one inch thereafter.

Boys HJ - 5' 06", 5'08", 5' 10" 5' 11", 6' 00",
6'01", 6' 02" one inch thereafter.

Boys PV -9'00", 9'06", 10'00", 10'06", 11'00",
11'06", 12'00", 12'04", 12'8" three inches
thereafter.

Girls PV - 7' 00", 7'06", 8'00", 8'05", 9' 00",
9'06" three inches thereafter.

Minimum Marks (HOG LINE) for Field Events

4 attempts no finals

Shot	25'	Girls
	35'	Boys
Discus	75'	Girls
	100'	Boys
Javelin	80'	Girls
	120'	Boys
Long Jump	13'	Girls
	17'	Boys

Minimum Marks for distance races

Boys 800	2:10
Girls 800	2:40
Boys 1600	5:10
Girls 1600	6:30
Boys 3200	10:45
Girls 3200	13:00

***** We will roll the schedule if possible*****
PLEASE LISTEN TO THE ANNOUNCER

4 attempts no finals for field events