

2016 Mountain Valley Invite

Salem Hills High School

March 25th, 2016

Dear Coaches,

We are excited to be hosting this event at **Salem Hills High School**. This is a State Qualifying meet and we will have U.S.A.T.F. officials. This meet is CLOSED to any schools not already contacted and assigned below. Sorry for any inconvenience...

This invite is designed to provide a state qualifying meet, that is close to home for us and low on the cost of the invite. Therefore there will be no awards, but lots of opportunities to try to qualify our athletes. In talking with all of you I feel like we all can agree to the things listed below.

- Each team will be allowed Seven (7) athletes in each individual event and one relay team per relay event.
- All Registrations will be done online using Runnercard.com. Please have all your entries posted on Runnercard.com no later than **Wednesday March 23rd 10:00 PM**. Runnercard will close at that time with no exceptions.
- Pole Vault will not be contested.
- We are doing a one day meet with timed finals. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1
- Entry fee will be \$85 total for each team. (Covers cost of officials)
- All Running Events will go slowest to Fastest.
- Girls First in all running events than boys

Events Schedule

2:00pm

100m/110m Hurdles
100m
1600m
4x100m Relay
400m
300m Hurdles
800m
Medley
200m
3200m
4x400m

2:00pm

Shotput (Boys will start)
Discus (Girls will start)
Javelin (Boys will start)
High Jump (Girls will start)
Long Jump (Boys will start)

Assignments:

Timing (Salem Hills)
Weigh Master (Juab)
Bullpen (Maple Mountain)
High Jump (Box Elder)
Javelin (Spanish Fork)
Long Jump (Lone Peak)
Shotput (Springville)
Discus (Provo)
Relay Exchanges (All)
Hurdle Crew (Westlake)
Results (Salem Hills)

Questions, contact:

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