

**MORGAN INVITATIONAL**  
**STATE QUALIFYING TRACK and FIELD MEET**  
April 22, 2023

**PLACE:** Morgan High School Track Stadium: Morgan High School, 240 East Young Street, Morgan Utah 84050

**AWARDS:** Individual medals for places 1-2-3-4-5-6. Trophy for 1<sup>st</sup> and 2<sup>nd</sup> Place Boys & Girls teams

**Entry Fee:** \$5 per athlete per event and \$20 for each relay. (\$75 maximum per team or \$150 per school.) \*\*Make checks out to “Morgan High School”

**SURFACE:** Rubberized track, please use only ¼” (or shorter) pyramid spikes. Shot Put and Discus rings are concrete. Javelin runway is grass. High Jump and Long Jump runways are rubberized surface.

**REGISTRATION & RESULTS:** [www.runnercard.com](http://www.runnercard.com)

**General Meet Information:**

1. **E-mail us at [bfuller@morgansd.org](mailto:bfuller@morgansd.org) if you are interested in attending the meet.** Enter all entries on [runnercard.com](http://runnercard.com) by **Thur April 20th @ 6 pm.** Athletes must check in prior to all events and receive heat and lane assignment in the bullpen. Field event athletes must check in with the event judge.
2. All throwing implements will be weighed and certified according to the NFSHA rules. Javelins must be the IAAF Javelin.
3. Automatic timing system will be used for all races (timed finals).
4. Individual entries are limited to four events per athlete; 5 participants per event and 1 relay team per event.
5. Throwers and Jumpers will be allowed three tries (top nine to finals).
6. Schools should dress prior to arrival. Locker room will not be available; restrooms are available.
7. Questions concerning the meet should be directed to Bryan Weir at [bweir@morgansd.org](mailto:bweir@morgansd.org) or Brennen Fuller: [bfuller@morgansd.org](mailto:bfuller@morgansd.org)

More information on page 2

# MORGAN INVITATIONAL

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7:15am-8:15am Implement Weigh-in

8:00 am Coaches meeting

## Schedule of Events

### Running Events: 8:30 am

3200 m

100m/110 m Hurdles

100 m

4 x 200m Relay

1600m

4 x 100m Relay

400 m

4 x 800m Relay

300 M Hurdles

800 m

200 m

Medley Relay

4 x 400 m Relay

\*All running events will go girls first  
then boys.

\*5 participants per event and 1 relay from  
each school per event.

Each athlete is allowed only 4 events.

We are excited to have you come to our meet!

Bryan Weir – [bweir@morgansd.org](mailto:bweir@morgansd.org)

Brennen Fuller - [bfuller@morgansd.org](mailto:bfuller@morgansd.org)

### Field Events: 8:30 am

Boys Shot (35 ft. min)

Boys High Jump (starts at 5'2")

Girls Long Jump (12 ft. min)

Girls Discus (70 ft. min)

Girls Javelin (70 ft. min)

### Afternoon Field Events:

Girls Shot (25 ft. min)

Girls High Jump (starts at 4'0")

Boys Discus (90 ft. min)

Boys Javelin (90 ft. min)

Boys Long Jump (17 ft. min)

**\*\* Please don't enter athletes that  
cannot meet these standards.**

We will measure at least one mark if  
it is close to the mark.

