

2018 Nebo Invitational

March 30th, 2018 @ Maple Mountain High School

There will be t-shirt awards for top three finisher in each event and the top relay team.

- Each team will be allowed seven (7) athletes in the sprint/hurdle events, seven (7) in the distance and field events, and one relay team per relay event.
- All running events will be bullpenned.
- Field events athletes will be pre-entered. This will help us to get the field events started sooner, preferably on time. Please have these entries posted on Runnercard.com no later than **Wednesday, March 28th at 9:00 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 \$150 total for each team.
- All Running Events will go slowest to fastest.
- Girls first in all running events than boys
- Javelin is grass runway.
- Field events will be three attempts with top nine to finals. All first attempts will be measured. However, after the first attempt, only attempts that exceed the minimum marks listed will be measured. Minimum marks are as follows:
 - Discus: Girls 60' Boys 90'
 - Shot Put: Girls 20' Boys: 35'
 - Javelin: Girls 60' Boys 100'
 - Long Jump: Girls 12' 6" Boys 17'
 - High Jump: Girls starting at 4'6" Boys starting at 5'6"

Events Schedule

2:00pm (Track)

4x100 Relay
3200m
100m/110m Hurdles
100m
400m
300m Hurdles
800m
200m
Medley Relay
1600m
4x400m Relay
4x800m Relay

2:00pm (Field)

Shotput (girls will start)
Discus (boys will start)
Javelin (girls will start)
High Jump (girls will start)
Long Jump (boys will start)

Assignments

Timing: Maple Mtn.
High Jump: Spanish Fork
Javelin: Juab
Long Jump: Corner Canyon
Shotput: MV

Discus: PG
Relay Exchanges: PG, ALA, Salem Hills
Hurdle Crew: ALA, Springville
Wind Gages: Salem Hills

Questions contact: Darrell Wyatt (801) 473-9725 or darrell.wyatt@nebo.edu