



Utah Valley University
UVU Hal Wing High School Invitational

Location: Hal Wing Track and Field
Date: March 30, 2019 (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.

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** Not to UVU
or you can pay with credit card at the facility

Registration: High School will be on Runnercard.com
Registration Deadline: REGISTRATION WILL CLOSE. March 27, 2019 at 5:00pm

SCRATCH DAY: March 28, 2019. All scratches at 6:00pm
Heat/Flight sheets posted March 29th 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
385-207-8378
Email: Nelsonjorton@gmail.com

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

Parking:

Buses please park in the 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: \$5.00 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	8:00am	Girls Shot
	100 M Hurdles		Boys Discus
	110 M Hurdles		Boys High Jump
	100 Meters	10:30	Boys Shot
	2K meter Steeple		Girls Discus
	4X100 Meter Relay		Girls High Jump
	400 Meters	12:30	Girls Javelin
	300 Meter Hurdles		Boys Javelin
	800 Meters	8:00	
	Sprint Medley	(Runway 1)	Girls Long Jump
	200 Meters	(Runway 2)	Boys Long Jump
	3200 Meters		
	4X400 Meter Relay	8:00	Girls Pole Vault
		10:30	Boys Pole Vault

***We will roll the schedule if possible**

The crossbars for the High School

High Jump and the Pole Vault will be raised:

Girls HJ - 4'06", 4'08", 4'09", 4'11", 5'00", 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.

Pole Vault - 7'00", 7'06", 8'00", 8'05", 9'00", 9'06", 10'02", 10'07", 11'00", 11'06", 12'00", 12'06", 12'10", 13'00" three inches thereafter. (Girls compete with boys for boys points)

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