

31th Annual Pine View Invitational sponsored by MVP Sports



Date: Friday, March 24th 2:00 p.m.
Saturday, March 25th 9:00 a.m.

Who: All Utah 1A-6A track teams



Where: Pine View High School – St. George, Utah

REGISTRATION DUE MONDAY, MARCH 20th 8:00p

FINAL REGISTRATION DUE TUESDAY, MARCH 21st 8:00p

PLEASE NOTE DAYS OF HEATS YOUR ATHLETES WILL BE IN - as some heats are run on Fri and some are run on Sat

****CONTINUING IN 2023 - We will be splitting the meet into two sessions: a PV Invitational session and an MVP Sports Championship session. To facilitate the change, WE WILL NOT HAVE PRELIMS AND FINALS IN ANY EVENT. ***The PV Invite session will include the larger numbers of heats and flights which will be seeded according to the registered seed mark - for the sprint events, these races will be held on Friday. The MVP Sports Championship session will take the top two heats of sprint events and race them on Saturday. Field events, distance events, and relays will also be divided into the two sessions and will be held over both days according to the schedule.*******

1 - As this is an early season meet, seed marks may be a best mark from the 2022 season or a 2023 time trial/indoor/outdoor meet - if an athlete does not have a mark from 2022-'23, the athlete may be entered into the meet and will be placed in the PV Invite session (exception is the 1600 and 3200 meter races which have a hard time standard that must be met).

2 - Please use these **time standards for registering runners (* 3200 and 1600 events are hard standards - times must be met or athletes will be removed from the event / 400,200,100 are suggested standards to keep the meet competitive and entries somewhat limited - coaches please dutifully consider the registration of athletes that will not meet these marks):**

Event	Girls	Boys
3200*	14:00	11:00
1600*	6:40	5:20
400	1:15	1:00
200	32.0	26.0
100	15.5	13.0

3 - Athletes may compete in both the PV Invite and MVP Sports Championship sessions, but not in the same event (unless as an alternate moved into the MVP Sports Championship session).

4 - Athletes are limited to 4 total events, combining Invite and Championship sessions.

5 - An athlete who's mark qualifies him/her for the Championship session WILL NOT be moved to the Invite session. Please use the schedule to note which days events will be held to avoid scheduling conflicts.

6 - Each team will be allowed one entry per relay which does not count against the total entries. A team may enter either the Medley or 4x800 relay, but not both.

7 - For field events: the minimum standard will be adhered to; however, if an athlete has not marked, the final attempt will be measured. PV Invite Flights will have 3 attempts. MVP Sports Championship Flight (top seeded flight) will have 4 attempts. There will be no finals for field events.

Event	Girls	Boys
Shot Put	25-00	35-00
Discus	65-00	95-00
Javelin	70-00	110-00
Long Jump	12-00	16-00

8 - High Jump Progression (may be adjusted based upon 2023 State and BYU standards)

Girls PV Invite: 4'2", 4'4", 4'5", 4'6" (and continue 1" thereafter)

Girls MVP Sports Championship: 4'6", 4'8", 4'9", 4'10" (and continue 1" thereafter)

Boys PV Invite: 5'0", 5'2", 5'4", 5'5" (and continue 1" thereafter)

Boys MVP Sports Championship: 5'6", 5'8", 5'9" (and continue 1" thereafter)

9 - GENERAL MEET INFORMATION

- Contestants will check in at the infield bullpen for their events. Field events will check in at their event.
- Running events will be girls then boys (with the exception of the 800, 1600, 3200 which will be scheduled with the MVP Sports Championship girls race then boys race - 1 heat each - followed by the remaining girls heats in a slow to fast order and the remaining boys heats in a slow to fast order).
- Distance (800-3200) races may start in alleys depending on heat size.
- 4x400 will be run with a three-turn stagger.
- 4x200 will be run with a four-turn stagger (in lanes throughout)
- Rubberized track, please use only 1/4" spikes (or shorter). Shot Put and Discus rings are concrete. Javelin runway is grass.
- THE INFIELD WILL BE CLOSED TO NON-CONTESTANTS (including coaches) and only open to athletes who have been called for participation and awards.

Registration & Cost: Teams may enter up to 50 entries (per gender) and 1 relay team per relay (per gender).

Teams may use an unlimited number of entries per event.

DO NOT enter more than 50 entries even though the system may allow it.

- \$100 per team (with 36-50 entries per gender) \$200 for both genders
- \$75 per team (with 21-35 entries per gender) \$150 for both genders

- \$50 per team (with 10-20 entries per gender) \$100 for both genders
- Or \$10.00 per entry / \$20 per relay

<<Online payment instructions below >>

****cost is for registration (athletes/schools who choose not to compete will still be charged upon registration)****

Initial registration Due Monday, March 20th, 8:00 PM -- No exceptions -- Please try to have an accurate registration for each athlete at this time to allow us to plan heat size. A code will be sent out to registered teams to make adjustments until **Tuesday at 8:00 PM** - to ensure the best meet experience, please ensure you have included all athletes in your entries and removed those who will not be competing. The PV Invite and MVP Sports Championship Sections will be posted (by email and at pvtrack.blogspot.com) and will be available for viewing on Thursday.

Registration will be online at www.runnercard.com.

Awards: Medals for top three individual places in the PV Invite Sections, top five individuals in the MVP Sports Championship Sections, and top 3 relays teams. (There will be no team awards.)

E-mail or call with any questions:

david.holt@washk12.org

435-628-5255 or (cell) 801-834-8524

Pine View Invitational 2023

Schedule of Events

Girls will run first in all running events followed by boys except in the distance events (800,1600,3200) which will run as noted.

Field events will all begin at 2:00p on Friday and 9:00a on Saturday. Flights with lower seeded marks compete first, followed by the upper seeded marks.

Friday March 24th - 2:00 pm

Pine View Invitational Session

RUNNING EVENTS

1600m

MVP Sports Championship Girls (fastest seeded heat)
MVP Sports Championship Boys (fastest seeded heat)
PV Invite Girls (remaining heats slow to fast)
PV Invite Boys (remaining heats slow to fast)

100m Hurdles

110m Hurdles

100m

400m

300m Hurdles

200m

4 x 800m Relay

Medley Relay

FIELD EVENTS

Girls Shot Put (min 25')

Girls High Jump (PV Invite start at 4'2")
(MVP Sports Champs start at 4'6")

Girls Javelin (min 70')

Boys Discus (min 95')

Boys Long Jump (min 16')

* Be advised we will not be contesting the pole vault at all.

Saturday March 25th - 9:00 am

MVP Sports Championship Session

RUNNING EVENTS

3200m

MVP Sports Championship Girls (fastest seeded heat)
MVP Sports Championship Boys (fastest seeded heat)
PV Invite Girls (remaining heats slow to fast)
PV Invite Boys (remaining heats slow to fast)

100m Hurdles (two fastest heats)

110m Hurdles (two fastest heats)

100m Meters (two fastest heats)

4 x 100m Relay

400m (two fastest heats)

300m Hurdles (two fastest heats)

4 x 200m Relay

800m

MVP Sports Championship Girls (fastest seeded heat)
MVP Sports Championship Boys (fastest seeded heat)
PV Invite Girls (remaining heats slow to fast)
PV Invite Boys (remaining heats slow to fast)

200m (two fastest heats)

4 x 400m Relay

FIELD EVENTS

Girls Discus (min 65')

Girls Long Jump (min 12')

Boys Javelin (min 110')

Boys Shot Put (min 35')

Boys High Jump (PV Invite start at 5'0")
(MVPS Sports Champs start at 5'6")

Payment instructions

***THIS HAS NOT BEEN UPDATED TO 2023 -**

PLEASE WAIT TO PAY UNTIL INSTRUCTIONS ARE CURRENT*

Pine View Track Invitational

To Pay Online:

<https://ut-washingtoncounty.intouchrecepting.com>

Scroll down to the bottom of the sheet.

It will say, "If you are not a parent/guardian, but would like to shop Washington County School's online offerings, create an account by clicking here."

Click there.

You will have to make an account. Follow the prompts on the screen.

Once you have an account follow these steps:

Choose: Items at All Schools

Choose: High School

Choose: Pine View High School

Choose: Athletics

Choose: Spring Sports

Choose: Track

The Pine View Invitational choices are listed at the bottom of the Track choices. They are listed in alphabetical order.

Choose the items that you need.

Click: Buy

Check out with Credit, Debit or P-Card.

If you have any questions, please contact Carole Mathis at 435-628-4255, ext. 4105, or email carole.mathis@washk12.org.

- \$200 for both genders Large Team (with 36-50 entries per gender)
- \$150 for both genders Medium Team (with 21-35 entries per gender)
- \$100 per team one gender Large Team (with 36-50 entries) -or- \$100 for both genders Small Team (with 5-20 entries per gender)
- \$75 per team one gender Medium Team (with 21-35 entries)
- \$50 per team one gender Small Team (with 5-20 entries)
- \$20 per Relay (not registering with a full team)
- \$10 per Individual Athlete

Large Team: 36-50 individual entries

Medium Team: 21-35 individual entries

Small Team: 5-20 individual entries

