



ALPHA INVITATIONAL

At Timpanogos High School

State Qualifying Track and Field Invitational

March 26



\$5.00 per athlete per event and \$20.00 for each relay
(\$75.00 maximum per team or \$150.00 boys/girls maximum).
\$2.00 per spectator. Coaches Passes will be accepted.

Each team will be allowed five (5) athletes in Distance and throwing events, four (4) in lane event and jumping events and one (1) relay team per relay event.

Awards: Awards will be given to the top Eight Finishers in individual events and the top Finisher in Relays.

Team Trophies will be given to the Meet Champions and Runners-up.

Surface: Rubberized Track. Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). Shot Put and Discus rings are concrete.

Javelin runway is grass. Pole Vault, High Jump and Long Jump runways are Rubberized Surface.

General Meet Information

1. Pre-entries with **Runnercard.com by March 24 at 8 pm**. All heats will be formed in the bullpen (Northwest end of the stadium and flights formed at the various field events). Please give FAT times, and accurate distances and heights.
2. All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the Northwest end of the stadium in front of the Track Shed. Make sure your athletes are using the IAAF javelins.
3. Pyro-Bryte/Eagle Eye timing system will be used for all races (timed finals).
4. Individual entries are limited to four events per athlete.
5. Schools should dress before arriving at the meet.
6. Throwers and Jumpers will be allowed three tries (top nine to finals).
7. Minimum marks measured will be set as follows:

	<u>Girls</u>	<u>Boys</u>
Discus	70'	90'
Javelin	60'	100'
Shot Put	25'	35'
Long Jump	12'6"	17'

8. The crossbars for the High Jump and the Pole Vault will be raised as follows:
Girls HJ - 4'06", 4'08", 4'09", 4'10", 5'00", 5'01", 5'02", 5'04", 5'06" one inch thereafter.
Boys HJ - 5'06", 5'08", 5'10", 6'00", 6'01", 6'03" one inch thereafter.
Girls Pole Vault- 6'00", 6'06", 7'00", 7'06", 8'00", 8'06"
Boys Pole Vault - 9'00", 9'06", 10'00", 10'06", 11'00", 11'06", 12'00", 12'02", 12'06", 13'00" three inches thereafter. (girls compete with boys for boys points)
9. Questions concerning the meet should be directed to:
Jody Benson - Email: jodylbenson@alpinedistrict.org



Alpha Invitational March 26, 2016

At Timpanogos High School
Order of Events



Saturday Schedule

Start time: 8:30 a.m.

Running Events

100m Hurdles **Finals**

110m Hurdles **Finals**

100m **Finals**

1600m Run **Finals**

4X100m Relays **Finals**

400m **Finals**

300m Hurdle **Finals**

800m Run **Finals**

Medley Relay **Finals**

200M **Finals**

3200m Run **Finals**

4X400 Relay **Finals**

7:30 a.m. Weigh-in

Northwest end of stadium in front of Track Shed. 3:00 p.m. Weigh-in

Field Events

8:30 am

Javelin (Girls)

Discus (Boys)

High Jump (Girls)

Long Jump (Boys)

Shot Put (Girls)

Pole Vault (Girls, Boys)

Field Events

1:00 pm

Javelin (Boys)

Discus (Girls)

High Jump (Boys)

Long Jump (Girls)

Shot Put (Boys)

ALPHA INVITATIONAL TIMPANOGOS HIGH BOYS RECORDS

BOYS	NAME	SCHOOL	TIME/DISTANCE	YEAR
100M	Jonah Trinnaman	American Fork	10.83	2014
200M	Chase Heiner	Provo	21.68	2015
400M	Michael Bluth	Riverton	48.72	2014
800M	Jake Heslington	Timpanogos	1:54.47	2013
1600M	McKay Johns	American Fork	4:14.90	2015
3200M	Connor McMillan	American Fork	9:20.45	2014
110 H	Trevor Lampe	Jordan	15.02	2013
300 H	Sam Roberts	Alta	39.15	2013
HIGH JUMP	Zach Blackam	Orem	6-08	2013
POLE VAULT	Bobby Kittlell	Mountain View	14-05	2008
LONG JUMP	Jadon Pace	Mountain View	22-00	2012
SHOT PUT	Lavontae Calhoun	Jordan	55-08.50	2013
DISCUS	Dylan Rust	Green River, WY	153-03	2015
JAVELIN	Austin Kafentzis	Jordan	198-06	2014
4X100 RELAY		Alta	43.04	2013
4X400 RELAY		Riverton	3:22.63	2014
SPRINT MEDLEY		American Fork	3:34.37	2013

ALPHA INVITATIONAL TIMPANOGOS HIGH GIRLS RECORDS

GIRLS	NAME	SCHOOL	TIME/DISTANCE	YEAR
100M	Natalie Stewart	Spanish Fork	12.16	2008
200M	Natalie Stewart	Spanish Fork	24.67	2008
400M	Natalie Stewart	Spanish Fork	56.18	2008
800M	Nachelle Stewart	Spanish Fork	2:14.75	2008
1600M	Summer Harper	Orem	5:03.16	2013
3200M	Emily Rich	Bingham	11:00.74	2013
110 H	Elsja Mecham	Summit Academy	14.36	2015
300 H	Kaitlin Walker	Wasatch	45.20	2013
HIGH JUMP	Chelsea Ward	Bingham	5-04	2013
	Taylir Garrison	American Fork	5-04	2012
POLE VAULT	Bethany Foster	Bingham	10-00	2013
LONG JUMP	Alyssa Hirschi	Brighton	17-07.50	2015
SHOT PUT	Kassie Nagel	Morgan	41-01.50	2013
DISCUS	Candus Aiello	Riverton	124-01	2008
JAVELIN	Tarin Strosser	Maple Mountain	129-11	2014
4X100 RELAY		Orem	49.52	2013
4X400 RELAY		Timpanogos	4:04.42	2008
SPRINT MEDLEY		Provo	4:16.64	2015