

ALPHA INVITATIONAL

At Timpanogos High School

State Qualifying Track and Field Invitational
April 1 9:00 AM

Entry Fee: \$8.00 per athlete per event and \$32.00 for each relay
(\$125 per team/ \$250 for Both boys' and girls' team: -\$50 for working an Event)

Teams may enter up to 40 entries (per gender) and 1 relay team per relay (per gender).
If you enter one Girl athlete in 4 events you only have 36 events left for the Girls team.
DO NOT enter more than 40 entries even though the system may allow it.

Awards: Medals 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 30th at 10 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. Field events will check in at their event.
2. THE INFIELD WILL BE CLOSED TO NON-CONTESTANTS (including coaches) and only open to athletes who have been called for participation and awards.
3. 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.
4. Flash timing system will be used for all races (timed finals).
5. Distance (800-3200) races may start in alleys depending on heat size.
6. Relays: 4x400 will be run with a three-turn stagger. 4x200 will be run with a four-turn stagger
7. Schools should dress before arriving at the meet.
8. Throwers and Jumpers will be allowed three attempts. The first attempt will be marked, after which the minimum standard will be adhered to for subsequent attempts. (top nine to finals).
9. Minimum marks measured will be set as follows:

	<u>Girls</u>	<u>Boys</u>
Discus	65'	90'
Javelin	60'	100'
Shot Put	25'	35'
Long Jump	12"	16"
10. The crossbars for the High Jump and the Pole Vault will be raised as follows:
Girls HJ - 4'04", 4'06", 4'08", 4'10", 4'11", 5'00", 5'01", 5'03" one inch thereafter.
Boys HJ - 5'04", 5'06", 5'08", 5'10", 6'00", 6'01", 6'03" one inch thereafter.

Questions concerning the meet should be directed to:
Jody Benson - Email: jodylbenson@alpinedistrict.org

Payment Instruction

- Payments:
 - Check,
 - Credit Card (Call Freddie Johnson, 801-610-8178)
 - MySchoolfees.com
 - sign in as a guest
 - Type in Timpanogos High School
 - Select from drop down list
 - Track Alpha Invitational
 - Add to cart
 - Check out

- **Entry Fee:** \$8.00 per athlete per event and \$32.00 for each relay
- \$125 per team/ \$250 for Both boys' and girls' team:
- -\$50 for working an Event for one day. A team can get \$50 off their entry fee by working an event for One day. (Only -\$50 can be taken off, a team cannot work both days.)

Meet Assignments (First come first served - Respond to me via text or email)

Girls Shot **Wasatch**

Boys Shot

Girls Discus

Boys Discus

Girls Javelin

Boys Javelin

Girls Long Jump **Brighton**

Girls Long Jump Wind Gauge:

Boys Long Jump **Lehi**

Boys Long Lump Wind Gauge

Girls High Jump **Pleasant Grove**

Boys High Jump

Pole Vault: **Evanston**

Relay Exchanges and Line Judges Wednesday **Maple Mountain**

Relay Exchanges and Line Judges Thursday **Lone Peak**

Hurdle Crew (1 – 2 people stationed at each flight of hurdles) **Corner Canyon**

Home stretch Wind Gauge (100m, 100/110mH, 200m) **Rowland Hall**

Announcer –

Alpha Invitational

Apr 1, 2023

At Timpanogos High School

Order of Events

8:00am Weigh Master -
Behind Stadium

8:45 Coaches Meeting

Fastest To Slowest

9:00 Girls 4 X 800

Boys 4 X 800

Girls 100 H

Boys 110 H

Girls 100

Boys 100

Girls 4X200

Boys 4X200

Girls 1600

Boys 1600

Girls 4 X 100

Boys 4 X 100

Girls 400

Boys 400

Girls 300 H

Boys 300 H

Girls 800

Boys 800

Girls 200

Boys 200

Girls 3200

Boys 3200

Girls 4 X 400

Boys 4 X 400

Field Events

9:00 AM

Girls Shot (Min 25')

Girls Javelin (Min 60')

Girls High Jump(2 pits, 4-2, 4-8)

Boys Long Jump (Min 16')

Boys Discus (Min 90')

Boys Pole Vault (Start 7')

1:00 PM

Girls Discus (Min 65)

Girls Long Jump (Min 12')

Girls Pole Vault (Start 5')

Boys Javelin (Min 100')

Boys Shot (Min 35')

Boys High Jump (2 pits 5-2, 5-8)

Alpha Invitational Boys Records

Boys	Name	School	Time/distance	year
100M	Smith Snowden	Skyridge	10.67	2022
200M	Cody Hagen	Corner Canyon	21.38	2022
400M	Michael Bluth	Riverton	48.72	2014
800M	Austin Klinger	West Jordan	1:50.61	2021
1600M	McKay Johns	American Fork	4:14.90	2015
3200M	Carson Burian	Rowland Hall	9:05.18	2021
110 H	Jesus Quintero	Evanston	14.88	2022
300 H	Kody Codner	Orem	38.98	2016
High Jump	Zach Blackam	Orem	6-08	2013
Pole Vault	Dallin Thornton	Bingham	15-04	2022
Long Jump	Jadon Pace	Mountain View	22-00	2012
Shot Put	Mark Bryant	Orem	59-07	2022
Discus	Mark Bryant	Orem	176-06	2022
Javelin	Austin Kafentzis	Jordan	198-06	2014
4X100 Relay		Corner Canyon	41.44	2021
4X200 Relay		Skyridge	1:29.77	2021
4X400 Relay		Riverton	3:22.63	2014
4X800 Relay		Skyridge	7:56.49	2022
Sprint Medley		American Fork	3:34.37	2013

Alpha Invitational Girls Records

Girls	Name	School	Time/distance	year
100M	Marianne Barber	Farmington	12.04	2022
200M	Meghan Hunter	Provo	24.58	2018
400M	Meghan Hunter	Provo	54.70	2018
800M	Nachelle Stewart	Spanish Fork	2:14.75	2008
1600M	Carlee Hansen	Woods Cross	4:56.20	2021
3200M	Emily Rich	Bingham	11:00.74	2013
100 H	Elsja Mecham	Summit Academy	14.36	2015
300 H	Kaitlin Walker	Wasatch	45.20	2013
High Jump	Stacia Barker	Evanston	5-06	2022
Pole Vault	Sabrina Fairbanks	Lone Peak	10-08	2022
Long Jump	Brianna White	West	18-03.5	2017
Shot Put	Kassie Nagel	Morgan	41-01.50	2013
Discus	Grace Knudsen	Maple Mountain	124-04	2022
Javelin	Tarin Strosser	Maple Mountain	129-11	2014
4X100 Relay		Lone Peak	48.94	2017
4X200 Relay		Skyridge	1:45.00	2022
4X400 Relay		Lone Peak	3:57.27	2021
4X800 Relay		Skyridge	9:38.40	2022
Sprint Medley		Provo	4:16.64	2015