

EARLY BIRD INVITATIONAL

Date: March 18-19th, Friday 3pm and Saturday at 9am

Open to: 1A - 6A Track Teams

Location: Mountain View High School 665 Center St, Orem, UT 84057

Registration/Fees: Registration will be posted on runnercard.com and will close the 15th of March at Midnight

\$5.00 per athlete per event and \$20.00 for each relay
(\$100.00 maximum per team or \$200.00 boys/girl's maximum).

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

Note: Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). We do not have an area for pole vault and is not currently part of the meet.

- All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the North end of the stadium under the bleachers. Make sure your athletes are using the IAAF javelins.
- Throwers and Jumpers will be allowed three tries (top nine to finals).

Meet Contact:

Mike Strauss (801) 836-4811 email: mvrunning14@gmail.com

Friday, March 18th

3:00 PM

3200 M **Finals**
100 M Hurdles Trials
110 M Hurdles Trials
100 M Trials
400 M Trials
300 M Hurdles Trials
200 M Trials
4X800 M **Finals**
4x200 M **Finals**

Saturday March 19th (All Finals)

9:00 AM

100 M Hurdles
110 M Hurdles
100 M
1600 M
4X100
400 M
300 M Hurdles
200 Girls
800 M
4X400

Friday, March 19th

3:00 PM Girls Javelin (Min-70'0")
3:00 PM Girls Discus (Min-60'0")
3:00 PM Boys Shot (Min-30'0")
3:00 PM Girls LJ (Start-12'0")
3:00 PM Boys High Jump (Min-5'0")

Saturday March 20th

9:00 AM Boys Javelin (Min-100'0")
9:00 AM Boys Discus (Min-75'0")
9:00 AM Girls Shot (Min-20'0")
9:00 AM Boys Long Jump (Start-17'0")
9:00 AM Girls High Jump (Min-4'0")