

2017 Nebo Invitational
March 31st, 2017 @ Maple Mountain High School

Dear Coaches,

We are excited to be hosting this event at **Maple Mountain High School**. This is a State Qualifying meet, and we will have U.S.A.T.F. officials. Please make note of the following items.

This invite is designed to provide a state qualifying meet that is close to home and low on the cost. Therefore, there will be no awards but will be lots of opportunities to try to qualify our athletes. In talking with all of you, I feel we all can agree to the things listed below.

- Each team will be allowed seven (7) athletes in the sprint/hurdle events, seven (7) in the distance and field events, and one relay team per relay event.
- All running events will be bullpened.
- Field events athletes will be pre-entered. This will help us to get the field events started sooner, preferably on time. Please have these entries posted on Runnercard.com no later than **Wednesday, March 29th at 10:00 PM**. Runnercard will close at that time with no exceptions.
- Pole Vault will not be contested
- We are doing a one-day meet with timed finals. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1
- Entry fee will be \$100 total for each team. (Covers cost of officials)
- All Running Events will go slowest to fastest.
- Girls first in all running events than boys
- Javelin is grass runway.
- Field events will be three attempts with top nine to finals. All first attempts will be measured. However, after the first attempt, only attempts that exceed the minimum marks listed will be measured. Minimum marks are as follows:
 - Discus: Girls 60' Boys 90'
 - Shot Put: Girls 20' Boys: 35'
 - Javelin: Girls 60' Boys 100'
 - Long Jump: Girls 12' 6" Boys 17'
 - High Jump: Girls starting at 4'6" Boys starting at 5'6"

Mountain Valley Invitational Events Schedule

2:00pm (Track)

100m/110m Hurdles
100m
1600m
4x100m Relay
400m
300m Hurdles
800m
Medley Relay
200m
3200m
4x400m Relay
4x800m Relay

2:00pm (Field)

Shotput (girls will start)
Discus (boys will start)
Javelin (girls will start)
High Jump (girls will start)
Long Jump (boys will start)

Assignments:

Timing: Maple Mtn.
High Jump: Juab
Javelin: Corner Canyon
Long Jump: Murray
Shotput: Maple Mountain
Discus: Timpanogos
Relay Exchanges: ALA, MM, Salem Hills
Hurdle Crew: Salem Hills, Maple Mountain

Questions contact: Darrell Wyatt (801) 473-9725 or
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