

2022 Skyhawk Invite

Salem Hills High School

Fri, April 22nd @ 2 PM

MEET START TIME: 2:00 PM // WARM UPS OPEN 1:00 PM

ORDER OF RUNNING EVENTS Girls first in all running events	FIELD EVENTS (Starting at 2:00 PM)
100m / 110m Hurdles	Shot Put (Boys first)
100m	Discus (Girls first)
1600m	Javelin (Boys first)
4x200m Relay	High Jump (Girls first)
400m	Long Jump (Boys first)
800m	Pole Vault (Combined)
4x100m Relay	
300m Hurdles	
200m	
3200m	
4x400m Relay	
4x800m Relay	

ADDITIONAL INFORMATION

- Coaches meeting will be at 1:30 PM, at which time coaches should have all athlete scratches and additions ready for submission.
- Each team will be allowed: six (6) entries in each event and one (1) relay team per relay event.
- Please have all your registrations done by **Thursday, April 21st at 6 PM.**
- Pole Vault will be contested. It will be combined.
- All races will be timed finals. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1.
- All running events will be slowest to fastest.
- Girls will go first in all running events, followed by the boys.
- Entry fees will be \$200 total per team or \$8 per athlete - whichever is less. Fees can be paid on myschoolfees.com
- There will be no medals awarded at the meet.
- Concessions will be available (coaches will be given meal tickets)

Crossbar Progressions

High Jump and the Pole Vault will be raised:

Girls HJ - 4'3" - 5'3" two inch increments. One inch thereafter.

Boys HJ - 5'2" - 6'2" two inch increments. One inch thereafter.

Boys PV - 8'0" - 12'0" six inch increments. Three inches thereafter.

Girls PV - 6'0" - 10" six inch increments. Three inches thereafter

Field Event Minimums For Measurement

We will be enforcing minimum marks for measurement for the shot put, discus, long jump and javelin. We will measure the first attempt in all cases but will not measure subsequent marks if they are not beyond the established minimum measurement mark.

Girls Shot Put - 20' // Boys Shot Put - 30'

Girls Discus - 60' // Boys Discus - 80'

Girls Javelin - 60' // Boys Javelin - 90'

Girls Long Jump - 12' // Boys - 16'

Team Assignments

Weigh Master // Salem Hills	Shot Put // Spanish Fork, Cyprus
Bullpen // Corner Canyon, PG	Discus // Jordan, Hunter
High Jump // Wendover, Tintic	Pole Vault // Salem Hills
Javelin // Tooele, Taylorsville	Relay Exchanges // American Heritage, ALA
Long Jump // PG, Maple Mountain	Hurdle Crew // American Heritage, ALA

Contact Salem Hills Head Coach Jeff Hansen with questions:
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