



UVU HAL WING HIGH SCHOOL INVITATIONAL

Location: Hal Wing Track and Field

Each Team allowed: 35 events each gender per team

If you enter one athlete in 4 events you only have 31 events left for the team.

Checks to: WOLVERINE TRACK AND FIELD CLUB, Not to UVU (\$150 for full team)

Registration: High School will be on Runnercard.com

Registration Deadline: REGISTRATION WILL CLOSE. Wednesday at 5:00pm

SCRATCH DAY: Thursday All scratches at 6:00pm

Heat/Flight sheets posted Friday at 8:00pm

NO LATE ENTRIES

Parking: Buses please park in the park off campus either at West Campus (can accommodate 40 buses) or the Business Resource Center west lot (can accommodate 10 buses).

Spectator Entry fee: \$5.00 for all 12 year of age and up. 11 and under free.

Tents City: Tents need to be placed against the fence lines on the East and West sides only
NO TENT SPIKE ALLOWED!

SCHEDULE:

Check into Bullpen 30 min before your event is scheduled to run.

Girls then boys ** All events will go fastest to slowest

8:00am - 1600 Meter

100 M Hurdles

110 M Hurdles

100 Meters

2K meter Steeple

4X100 Meter Relay

400 Meters

300 Meter Hurdles

800 Meters

Sprint Medley

200 Meters

3200 Meters

4X400 Meter Relay

8:00am Girls Shot, Boys Discus,

Boys High Jump

8:00am (Runway 1) Girls Long Jump

(Runway 2) Boys Long Jump

8:00am Girls Pole Vault

10:30 Boys Shot, Girls Discus

Girls High Jump

10:30 Boys Pole Vault

12:30 Girls Javelin, Boys Javelin

The crossbars for the High School High Jump and the Pole Vault will be raised:

Girls HJ - 4'06", 4'08", 4'09", 4'11", 5'00", 5' 01", 5' 03", 5' 05" one inch thereafter.
Boys HJ - 5' 06", 5'08", 5' 10" 5' 11", 6' 00", 6'01", 6' 02" one inch thereafter.

Pole Vault - 7' 00", 7'06",8'00",8'05",9' 00",9' 06",10' 02", 10' 07", 11' 00", 11' 06", 12' 00", 12' 06", 12'10", 13' 00" three inches thereafter. (Girls compete with boys for boys points)

4 Attempts NO Finals for field events
4 attempts no finals

MINIMUM MARKS

Shot 25' Girls
35' Boys
Discus 75' Girls
100' Boys
Javelin 80' Girls
120' Boys
Long Jump 13' Girls
17' Boys

Minimum Marks for distance races

Boys 800 2:10
Girls 800 2:40
Boys 1600 5:10
Girls 1600 6:30
Boys 3200 10:45
Girls 3200 13:00

*** We will roll the schedule if possible***

PLEASE LISTEN TO THE ANNOUNCER