

WASATCH FRONT LAST CHANCE INVITATIONAL
SATURDAY MAY 6TH, 2017
SKYRIDGE HIGH SCHOOL
LEHI, UTAH

Dear Coaches,

We are excited to be hosting this event at Skyridge High School. This is a State Qualifying meet. Please make note of the following items.

This invite is designed to provide a state qualifying meet that is the athletes “**Last Chance**” to qualify for state before their respective region meets, as well as be low on the cost. Therefore, there will be no awards but will be lots of opportunities to try to qualify our athletes.

Entry fee: \$5 per athlete per event and \$20 per relay team or \$60 maximum per girls team
\$60 maximum per boys team (\$120 boys/girls maximum)

Checks or School Credit Card accepted for payment (please call Skyridge High School Finance office to make payment for the meet)

- Each team will be allowed five (5) athletes in the sprint/hurdle events, five (5) in the distance and field events, and one relay team per relay event.
- All running events will be bull penned.
- Field events athletes will be pre-entered. Please have these entries posted on Runnercard.com no later than **Thursday, May 4th at 6:00 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
- All Running Events will go slowest to fastest.
- Girls first in all running events than boys
- Javelin is grass runway.
- Field events will be four attempts with no finals. All attempts will be measured.

Minimum marks are as follows:

- Long Jump: Girls 12' 6" Boys 17'
- High Jump: Girls starting at 4'4" Boys starting at 5'4"

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Running Events 9am	Field Events 8:30 am
Medley Relay	Boys High Jump(followed by girls)
100/110 Meter Hurdles	Girls Long Jump(Followed by boys)
100 Meters	Boys Javelin(followed by girls)
1600 meters	Boys Shot Put(followed by girls)
4 x 100 relay	Girls Discus(followed by boys)
400 Meters	
300 Meter Hurdles	
800 meter	
200 Meters	
3200 meter	
4x400 Relay	