

# ALPHA INVITATIONAL

## At Timpanogos High School

State Qualifying Track and Field Invitational

March 31-April 1, 2:00 PM

**Entry Fee:** \$8.00 per athlete per event and \$20.00 for each relay  
(\$100 per team/ \$200 for Both boys' and girls' team)  
\$2.00 per spectator. Coaches Passes will be accepted.

Each team will be allowed five (5) athletes in each individual event and one relay team per relay event.

**Awards:** Medals will be given to the top Eight Finishers in individual events and the top Finisher in Relays.  
Team Trophies will be given to the Meet Champions and Runners-up.

**Surface:** Rubberized Track. Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). Shot Put and Discus rings are concrete. Javelin runway is grass. Pole Vault, High Jump and Long Jump runways are Rubberized Surface.

### General Meet Information

1. Pre-entries with **Runnercard.com by March 29th at 10 pm**. All heats will be formed in the bullpen (Northwest end of the stadium and flights formed at the various field events). Please give FAT times, and accurate distances and heights.
2. All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the Northwest end of the stadium in front of the Track Shed. Make sure your athletes are using the IAAF javelins.
3. Flash timing system will be used for all races (timed finals).
4. Individual entries are limited to four events per athlete.
5. Schools should dress before arriving at the meet.
6. Throwers and Jumpers will be allowed three tries (top nine to finals).
7. Minimum marks measured will be set as follows:

	<u>Girls</u>	<u>Boys</u>
Discus	70'	90'
Javelin	60'	100'
Shot Put	25'	35'
Long Jump	12'6"	17'
8. The crossbars for the High Jump and the Pole Vault will be raised as follows:  
Girls HJ - 4'06", 4'08", 4'10", 4'11", 5'00", 5'01", 5'02", 5'04", 5'06" one inch thereafter.  
Boys HJ - 5'06", 5'08", 5'09", 5'11", 6'00", 6'01", 6'03" one inch thereafter.  
Girls Pole Vault- 6'00", 6'06", 7'00", 7'06", 8'00", 8'06", 9'03"  
Boys Pole Vault - 9'00", 9'08", 10'00", 10'06", 11'00", 11'06", 12'00", 12'02", 12'06",  
13'00" three inches thereafter. (girls compete with boys for boys points)
9. Questions concerning the meet should be directed to:  
Jody Benson - Email: [jodylbenson@alpinedistrict.org](mailto:jodylbenson@alpinedistrict.org)

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*March 31- April 1*

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## **Order of Events**

Wednesday Schedule (March 31<sup>th</sup>)

Start time: 2:00 p.m.

Girls First followed by Boys

### **Running Events**

4X200m **Finals**

3200m Run **Finals**

100m Hurdle Prelims (Girls)

110m Hurdles Prelims (Boys)

100m Prelims

400m Prelims

300m Hurdles Prelims

200m Prelims

4X800m **Finals**

1:30 p.m. Weigh-in

Northwest end of stadium in front of Track Shed.

### **Field Events**

Javelin (Girls)

Discus (Boys)

High Jump (Girls)

Long Jump (Boys)

Shot Put (Girls)

Pole Vault (Girls)

Thursday Schedule (April 1<sup>st</sup>)

Start time: 2:00 p.m.

### **Running Events**

100m Hurdles **Finals** (Girls)

110m Hurdles **Finals** (Boys)

100m **Finals**

1600m Run **Finals**

4X100m Relays **Finals**

400m **Finals**

300m Hurdle **Finals**

800m Run **Finals**

200M **Finals**

4X400 Relay **Finals**

1:30 p.m. Weigh-in

### **Field Events**

Javelin (Boys)

Discus (Girls)

High Jump (Boys)

Long Jump (Girls)

Shot Put (Boys)

Pole Vault (Boys)