

# WASATCH INVITATIONAL

## At Wasatch High School

Heber City, UT

State Qualifying Track and Field Invitational

April 15, 2017

<b>Entry Fee:</b>	\$5.00 per individual athlete per event and \$20.00 for each relay for single entrants. Team fees are \$75.00 per team, or <b>\$150.00 for both genders.</b>
<b>Participation:</b>	Each team will be allowed <b>five</b> (5) athletes in each individual event and one relay team per relay event. Each athlete can be in a maximum of 4 events.
<b>Awards:</b>	Medals for the <b>top three finishers</b> in single events and the top team in Relays. Team Trophies will be given to the Meet Champions.
<b>Surfaces:</b>	New rubberized track. Please note the only 1/4" (or shorter) pyramid spikes can be used (coaches, please ensure your team is properly equipped). Shot Put and Discus rings are concrete.

### General Meet Information:

This meet will be run on Wasatch High School's entirely new track and field facility

**Fully automatic timing system complete with alphanumeric scoreboard interface**

Athletes will be able to see their times on the board as they cross the finish line

Running clock is visible to all participants

Register on **Runnercard.com** by **Wednesday, April 12<sup>th</sup> at 10 pm**. All heats will be formed at the start line, and flights for field events will be formed at that site. Please provide FAT times, and accurate distances and heights. If no time or mark is entered, the athlete will be placed in the slowest heat or first flight.

**No changes will be made after the deadline has passed—NO EXCEPTIONS**

All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted on the west side of the stadium at the concessions stand.

**Finishlynx timing system** will be used for all races, and a wind gauge will be used for all sprints/hurdles.

Individual entries are limited to four events per athlete.

Schools should dress before arriving at the meet—though there are on-site restrooms

Throwers and Jumpers will be allowed three tries (top nine to finals-three more tries).

Minimum marks measured will be set as follows:

	<u>Girls</u>	<u>Boys</u>
Discus	65'	85'
Javelin	60'	90'
Shot Put	20'	30'
Long Jump	12'6"	17'

The crossbars for the High Jump will be raised as follows:

Girls HJ - 4'04", 4'06", 4'08", 4'09", 4'10", 5'00", 5' 01", 5'02", 5' 04", 5'06" one inch thereafter.

Boys HJ - 5'04", 5' 06", 5'08", 5' 10", 6' 00", 6'01", 6' 03" one inch thereafter.

**Meet Schedule:**

Girls will be first in all running events, followed by boys.

All running events are timed Finals

3200 Meters  
100 Hurdles  
110 Hurdles  
100 Meter  
400 Meter Relay  
400 Meter  
300 Hurdles  
800 Meters  
Medley Relay  
200 Meter  
1600 Meters  
1600 Meter Relay

Field Events Starting at 9:00 am

Girls Shot put  
Girls High Jump  
Boys Discus  
Boys Javelin  
Boys Long Jump

Field Events Starting around 1:00

Boys Shot put  
Boys High Jump  
Girls Long Jump  
Girls Discus  
Girls Javelin

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