



Utah Valley University
UVU Hal Wing High School Invitational

Location: Hal Wing Track and Field
Date: March 30, 2019 (Saturday)
Gender: Male and Female

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.

Entry Fee: \$75.00 per Gender (\$150.00 for Boys and Girls).
If you come with a small team or individuals. \$5.00 (each event) up to \$75.00
Still limited to 35 events

Checks to: **WOLVERINE TRACK AND FIELD CLUB** Not to UVU
or you can pay with credit card at the facility

Registration: High School will be on Runnercard.com
Registration Deadline: REGISTRATION WILL CLOSE. Thursday March 28, 2019 at 5:00pm

SCRATCH DAY: Friday March 29, 2019. All scratches at 6:00pm
Heat/Flight sheets posted Friday March 29th at 8:00pm
NO LATE ENTRIES

WE WILL NOT CONDENSE HEATS. PLEASE ENTER ONLY THE ATHLETES YOU PLAN TO COMPETE.

Meet Director Contact Information:

Name: Nelson Orton
385-207-8378 / 801-210-1556
Email: Nelsonjorton@gmail.com

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!

PLEASE DON'T REGISTER ATHLETES THAT YOU DON'T PLAN ON RUNNING.

PLEASE BE EXACT ON YOUR REGISTRATION. NO LATE ENTRIES

This will help the meet run smoothly.

We will have credentials for ONE PV Coach per school to be in the Pole Vault Coaches box while they have an athlete in the competition

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
Girls 100M/Boys 110H
Boys 100M/Girls 100H
2K meter Steeple
4X100 Meter Relay
400 Meters
300 Meter Hurdles
800 Meters
Sprint Medley
200 Meters
3200 Meters
4X400 Meter Relay

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

***We will be using the NorthEast Finish Line
contrary to what we have used in the past**

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)

***** We will roll the schedule if
possible*** PLEASE LISTEN TO THE
ANNOUNCER**

4 Attempts NO Finals for field events

8:00am
Girls Shot
Boys Discus
Boys High Jump
10:30
Boys Shot
Girls Discus
Girls High Jump
12:30
Girls Javelin
Boys Javelin
8:00
(Runway 1)
(Runway 2)
Girls Long Jump
Boys Long Jump
10:00
Girls Pole Vault
12:30
Boys Pole Vault

Minimum Marks (HOG LINE) for Field Events

4 attempts no finals

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
Boys Steeple	12:30 in the 3200
Girls Steeple	14:45 in the 3200

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