



TRACK & FIELD

Utah Valley University UVU HAL WING High School Invitational

Location: Hal Wing Track and Field
Date: March 25, 2023 (Saturday)
Entry Fee: \$75.00 per gender (\$150.00 for both boys and girls teams)
Registration: RunnerCard
Registration Deadline: REGISTRATION WILL CLOSE. March 23 at 6:00pm MST

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

SCRATCH DAY: March 24, 2023. All scratches at 6:00pm sent to runninx@gmail.com
Heat/Flight sheets posted March 24th at 8:00pm
NO LATE ENTRIES

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

Timing company contact information:

Name: Nelson Orton
Office Phone: 801-863-6783
Cell Number: 385-207-8378
Email: runitgreen@gmail.com

Meet Director contact information

Name: Hannah Branch
Cell Number: 801-623-0166
Email: Hannah.branch@uvu.edu

Note From Meet Director:

Hal Wing Track and Field
1200 W 800 S
Orem Utah 84058

Spectator Entry fee: \$5.00 for ages 6 and up

Spectator and Athlete Parking: Lot L-14

Tents City: Tents are **not to be placed against the fence line** on the East side, and **only against the fence lines** on the West side
NO TENT SPIKE ALLOWED!

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
	4x800 Meter Relay
	Boys 100M/Girls 100H
	2K meter Steeple
	4X100 Meter Relay
	400 Meters
	300 Meter Hurdles
	4X200 Meter Relay
	800 Meters
	200 Meters
	3200 Meters
	4X400 Meter Relay

***We will roll the schedule if possible**
***The 100M and the 100H/110H will be run simultaneously. 100M on the homestretch and 100H/110H on the backstretch**

The crossbars for the High School

High Jump and the Pole Vault will be raised:

Girls HJ - 4'05", 4'07", 4'09", 4'11", 5' 00", 5' 01", 5' 02" one inch thereafter.

Boys HJ - 5' 05", 5'07", 5' 09" 5' 11", 6' 00", 6'01", 6' 02" one inch thereafter.

Boys PV -9'00", 9'08", 10'04", 10'10", 11'04", 11'10", 12'04", 12'09", 13'00", 13'03" three inches thereafter.

Girls PV - 7' 00", 7'06", 8'00", 8'06", 9' 00", 9'03" three inches thereafter.

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	11:40 in the 3200
Girls Steeple	14:10 in the 3200

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