

2021 Mountain Valley Invitational March 24th, 2021 @ Westlake High School

Dear Coaches,

We are excited to be hosting this event at **Westlake High School**. This is a State Qualifying meet, and we will have U.S.A.T.F. officials. Please make note of the following items.

This invite is designed to provide a state qualifying meet that is close to home and low on the cost. Therefore, there will be no awards but there will be lots of opportunities to try to qualify our athletes. In talking with all of you, I feel we all can agree to the things listed below.

- Each team will be allowed seven (7) athletes in the sprint/hurdle and field events, seven (7) in the distance events, and one relay team per relay event.
- All running events will be bullpenned at the starting line for each event.
- Please have all entries posted on Runnecard.com no later than **Monday, March 22nd at 11:59 PM**. Runnecard will close at that time with no exceptions.
- Pole Vault will be contested at Lone Peak HS on Thursday, March 23rd.
- We are doing a one-day meet with timed finals. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1
- Entry fee will be \$100 total for each team. (Covers cost of officials)
- All Running Events will go slowest to fastest.
- Girls first in all running events then boys
- Javelin is grass runway.
- Field events will be three attempts with top nine to finals. All first attempts will be measured. However, after the first attempt, only attempts that exceed the minimum marks listed will be measured. Minimum marks are as follows:

- Discus: Girls 60' Boys 90'
- Shot Put: Girls 20' Boys: 35'
- Javelin: Girls 60' Boys 100'
- Long Jump: Girls 12' 6" Boys 17'
- High Jump: Girls starting at 4'6" Boys starting at 5'6"

Mountain Valley Invitational Events Schedule

3:00 pm (Track) Rolling Schedule

100m/110m Hurdle
100m
1600m
4x200m Relay
400m
300m Hurdles
4x100m Relay
800m
200m
3200m
4x400m Relay
4x800m Relay

3:00 pm (Field)

Shotput (girls will start)
Discus (boys will start)
Javelin (girls will start)
High Jump (girls will start)
Long Jump (boys will start)

Assignments:

Timing: Westlake
High Jump: Springville
Long Jump: American Fork
Pole Vault: Lone Peak
Shotput: Spanish Fork
Javelin: Salem Hills
Discus: Juab
Relay Exchanges: Maple Mountain / Lone Peak
Hurdle Crew: Skyridge

Questions Contact: Steven Anderson- stevenanderson@alpinedistrict.org or Tarnue Ali - tarnueali@alpinedistrict.org

