

# EARLY BIRD INVITATIONAL

**Date:** Friday, March 19<sup>th</sup> 2:00 p.m.  
Saturday, March 20<sup>th</sup> 9:00 a.m.

**Open to:** 1A - 6A Track Teams

**Location:** Mountain View High School 665 Center St, Orem, UT 84057

**Registration/Fees:** Registration will be posted on runnercard.com and will close the **17th of March at Midnight**

\$8.00 per athlete per event and \$20.00 for each relay  
(\$100.00 per team/\$200 for both boys' and girls' team)  
Each team will be allowed five (5) athletes in Distance and throwing events, four (4) in lane event, jumping events and one (1) relay team per relay event. A single athlete can compete in up to 4 events.

**Awards:** Awards will be given to the top Six Finishers in individual events and the top Finisher in Relays.

**Note:** Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). We do not have an area for pole vault and is not currently part of the meet.

- All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the North end of the stadium under the bleachers. Make sure your athletes are using the IAAF javelins.
- Throwers and Jumpers will be allowed three tries (top nine to finals).
- We will not be competing pole vault of the medley relay unless there is enough interest
- Ask athletes to wear masks when not competing and social distancing
- Be mindful of social distance with team tent sites
- Encourage spectators not to attend

**Meet Contact:**

Mike Strauss (801) 836-4811 email: [mvrunning14@gmail.com](mailto:mvrunning14@gmail.com)

**Friday, March 19<sup>th</sup>**

2:00 PM      **4x200 M Girls Finals**  
**4x200 M Boys Finals**  
3200 M Girls Heat **Finals**  
3200 M Boys Heat **Finals**  
100 M Hurdles Girls Trials  
110 M Hurdles Boys Trials  
100 M Girls Trials  
100 M Boys Trials  
400 M Girls Trials  
400 M Boys Trials  
300 M Hurdles Girls Trials  
300 M Hurdles Boys Trials  
200 M Girls Trials  
200 M Boys Trials  
4X800 M Girls **Finals**  
4X800 M Boys **Finals**

**Friday, March 19<sup>th</sup>**

2:00 PM      Girls Javelin (Min-70'0")  
2:00 PM      Girls Discus (Min-60'0")  
2:00 PM      Boys Shot (Min-30'0")  
2:00 PM      Girls LJ (Start-12'0")  
2:00 PM      Boys High Jump (Min-5'0")

**Saturday March 20<sup>th</sup> (All Finals)**

9:00 AM      100 M Hurdles Girls  
110 M Hurdles Boys  
100 M Girls  
100 M Boys  
1600 M Girls Heat **Finals**  
1600 M Boys Heat **Finals**  
4X100 Girls  
4X100 Boys  
400 M Girls  
400 M Boys  
300 M Hurdles Girls  
300 M Hurdles Boys  
200 Girls **Finals**  
200 Boys **Finals**  
800 M Girls Heat **Finals**  
800 M Boys Heat **Finals**  
4X400 Relay Girls  
4X400 Relay Boys

**Saturday March 20<sup>th</sup>**

9:00 AM      Boys Javelin (Min-100'0")  
9:00 AM      Boys Discus (Min-75'0")  
9:00 AM      Girls Shot (Min-20'0")  
9:00 AM      Boys Long Jump (Start-17'0")  
9:00 AM      Girls High Jump (Min-4'0")