

## **BINGHAM INVITATIONAL**

2160 west South Jordan Parkway  
South Jordan, UT

State Qualifying Track and Field Invitational  
April 2nd at 9:00 AM

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Enter all athletes on Runnercard.com by **March 30th at 10 pm**. Each team will be allowed five (5) athletes in each individual event and one relay team per relay event. Athletes are limited to four events.

### **Awards:**

- top six finishers in individual events
- top finisher in relays
- Team trophies will be given to the meet champions

### **Entry Fee:**

- \$5.00 per athlete per event
- \$8.00 for each relay
- Maximum of \$250 per team
- \$2.00 per spectator or \$8 per family (6 people)  
<https://binghamathletics.com/event-tickets>
- Coaches Passes will be accepted

### **Surfaces:**

- Rubberized Track. Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line)
- Shot Put and Discus rings are concrete
- Javelin runway is grass
- Pole Vault, High Jump and Long Jump runways are Rubberized Surface

### **General Meet Information:**

- Pre-entries with Runnercard.com by March 30th at 10 pm
  - All heats will be formed in the bullpen
  - Please give FAT times and accurate distances and heights
- All throwing implements will be weighed and certified according to the National Federation Rules
  - The weigh-in will be conducted at the Northwest end of the stadium.
  - Make sure your athletes are using the IAAF javelins
- All races are timed finals
- Throwers and jumpers will be allowed three tries (top nine to finals)

- Minimum marks measured will be set as follows:
  - Girls Boys
  - Discus 70' 90'
  - Javelin 60' 100'
  - Shot Put 25' 35'
  - Long Jump 12'6" 17'
- The crossbars for the High Jump and the Pole Vault will be raised as follows:
  - Girls HJ - 4'06", 4'08", 4'10", 4'11", 5'00", 5' 01", 5'02", 5' 04", 5'06" one inch thereafter.
  - Boys HJ - 5' 06", 5'08", 5'09", 5' 11", 6' 00", 6'01", 6' 03" one inch thereafter.
  - Girls Pole Vault- 6' 00", 6' 06", 7' 00", 7' 06", 8' 00", 8' 06",9'03"
  - Boys Pole Vault - 9' 00", 9' 08", 10' 00", 10' 06", 11' 00", 11' 06", 12' 00", 12' 02", 12'06",
  - 13' 00" three inches thereafter.

Questions concerning the meet should be directed to:  
Vance Brown - Email: [vance.brown@jordandistrict.org](mailto:vance.brown@jordandistrict.org)

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Start time: 9:00 a.m.

Girls first, followed by boys

#### Running Events Running Events

100/110 HURDLES

4x800 RELAY

100m DASH

4x200m Relay

1600m RUN

4x100m RELAY

400m DASH

300m HURDLES

800m RUN

200m DASH

3200m RUN

4x400m RELAY

Presentation of Awards

\*Events will move ahead of schedule whenever possible

#### Field Events

8:00 a.m. Weigh-in

Northwest end of stadium

9:00

#### Field Events

- Javelin (Girls) then Javelin (Boys)
- Discus (Boys) then Discus (Girls)
- High Jump (Girls) then High Jump (Boys)
- Long Jump (Boys) then Long Jump (Girls)
- Shot Put (Girls) then Shot Put (Boys)
- Pole Vault (Girls) then Pole Vault (Boys)

\*all events close at 12:30 for finals, excluding high jump and pole vault