

Sky View Track & Field Invitational 2013

This invitational Track and Field Meet will be held at Sky View High School on Saturday, April 20th. **Please email me ASAP if you plan on attending or if you have any questions at: jmwlkr72@gmail.com** You can also call or text me any time at 435-770-5238

COST

Entry fee is \$150 per school.

SEEDING

All entries will need to be submitted in **Runnecard.com** **I will email the password to sign-up for the meet by Monday, April 15.** **Registration for the meet will close on Friday at 5:00 p.m.**

ENTRIES

Each school may enter 6 individuals and 1 relay team per event. Athletes may participate in a total of 4 events.

HEAT AND FLIGHT ORDER

In all events, the competitors will be arranged so those with the best marks will be placed in the last heat, last flight, or at the end of the jumping order except for the 800, 1600 and 3200. If more than 14 are in the 800, 1600 and 3200 we will have two heats, fast and slow. For the 800, 1600 and 3200 it will be a water fall start seeded fastest on the inside of the track. The slower heats will run first.

LANE SEEDING FOR FINALS

Runners will be seeded according to the following criteria:

4 x 100, 4x800, 4x200: 4-5-3-6-2-7-1-8

Medley/ 4 x 400: 1-2-3-4-5-6-7-8

TIMING AND RECORDING

Fully Automatic Timing (F.A.T.) will be used. Therefore, times will be recorded in hundredths and can be submitted to the state as recorded.

MEASURING

The following guidelines will be followed for measuring.

Javelin/Discus-- lesser inch.

Long Jump/Shot Put-- lesser quarter inch

TIES

If a tie occurs in the Long Jump, Discus, Javelin or Shot Put for placing the next best throw or jump will break the tie. If a tie occurs still then it will be broken using the following guidelines in the National Federation Track and Field Rule Book, rule 2 section 2. If the tie is unresolved and involves the final state qualifying place and neither mark meets the automatic qualifying standard, the following procedures will be used to determine the 5th qualifier.

Running Events: A run-off at a time determined by the coaches involved.
Throwing Events: A three throw throw-off.
Long Jump: A three jump jump-off.
High Jump: A jump-off using the criteria outlined for a jump-off involving 1st place.

SCORING

10, 8, 6, 5, 4, 3, 2, 1

Medals/Awards

1^{st-3rd} place: Medals

Trophy- 1st place boys/girls Trophy: 1st place combined boys/girls scores

UNIFORMS AND JEWELRY

The uniforms rule (rule 4, section 3) will be enforced. Please inform your athletes so there will be no problems at the meet.

Uniform rule: Rule 4-3-1-c (2) “Loose fitting boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls.” Rule 4-3-1-d-1 states: “Any visible shirt(s) worn under the uniform must be unadorned (except for manufacturer’s logo) and of a single color and hue.” Competitors have recently resorted to wearing two pairs of different colored spandex type undergarments, with one pant leg in the outermost pair pulled up, showing different colors. Even though each of the undergarments is a solid color, this violates the uniform rule.

Jewelry Rule: Rule 4-3-4, 9-6-7 states “Contestants shall not wear jewelry with the exception of religious or medical medals...” Rubber bands or elasticized ponytail holders are legal.

Please use school-issued uniforms, NO JEWELRY, matching relay participants.

MARSHALLING AND CROWD CONTROL Only participants and authorized officials will be permitted in the track and field areas.

Sky View Invitational 2012 Schedule of Events

Saturday, 20 April 2012

9:00 AM Start Time

<u>Running Events:</u>	<u>Field Events:</u>
3200m Finals (Girls/Boys)	Boys Javelin (110 ft. minimum)
100m HH Finals (Girls)	Boys Shot (30 ft. minimum)
110m HH Finals (Boys)	Boys Long Jump (17 ft. minimum)
100m Finals (Girls/Boys)	Girls Discus (65 ft. minimum)
4 x 200m Relay Finals (Girls/Boys)	Girls High Jump (4'0" Start)
1600m Finals (Girls/Boys)	
4 x 100m Relay Finals (Girls/Boys)	
400m Finals (Girls/Boys)	Boys High Jump (5'4" Start)
300m LH Finals (Girls)	Boys Discus (100 ft. minimum)
300m IH Finals (Boys)	Girls Long Jump (12 ft. minimum)
800m Finals (Girls/Boys)	Girls Shot (25 ft. minimum)
200m Finals (Girls/Boys)	Girls Javelin (65 ft. minimum)
4 x 800m Relay Finals (Girls/Boys)	
1600m Medley (Girls/Boys)	Girls/Boys Triple Jump
4 x 400m Finals (Girls/Boys)	
4 X 100m THROWER RELAY Finals, (Girls/Boys)	Pole Vault @ Logan High School. Start time @ 10:00. We will have one of the schools coming to the meet volunteer to shuttle the athletes to Logan HS.

FOUR participants per event, FOUR events per participant maximum