

Mountain Valley Invitational March 23rd, 2013

Dear Coaches,

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

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

- Each team will be allowed EIGHT (8) athletes in each individual event and one relay team per relay event.
- All running events will be Bull Penned.
- Field events athletes will be pre-entered. This will help us to get the field events started sooner and hopefully on time. Please have these entries posted on RunnerCard.com no later than **Thursday March 21st 11:59 PM**. RunnerCard will close on Friday with no exceptions. Pole Vault will not be contested.
- We are doing a one day meet with timed finals. Team scoring will be 10, 8, 6, 4, 2, 1
- Entry fee will be \$80 total for each team except Provo. (Covers cost of officials)
- All Running Events will go Slowest to Fastest.
- Girls first in all running events, then boys
- Concession booth will be open, care of MVHS

We are holding our own Invitational Events Schedule

9:00am

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

9:00am

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

Assignments:

Timing (Provo)
High Jump (MV)
Javelin (Juab)
Long Jump (Westlake)
Shotput (MM)
Discus (Salem Hills)
Relay Exchanges (All)
Hurdle Crew (MM & MV)
Results (MV)

Questions contact: Darrell Wyatt (801) 473-9725 or
darrell.wyatt@nebo.edu