

# 2018 Herriman Twilight Invitational

WHEN: May 4<sup>th</sup>, 2018

START TIME - due to wanting to finish track events under the lights, field events will need to start one hour earlier.

Weigh-ins: 2:15pm @ southwest side of the stadium

Field Events: 2:45pm

Track Events: 3:45pm

EXPECTATIONS: This is a sanctioned meet for the purpose of qualifying for State. All times will be FAT with a wind gauge. We run this Invite at the same time as BYU to give teams an opportunity to have another shorter meet option for their best athletes to have a chance to qualify and prepare for Region and State. We expect teams to bring all of their best athletes within the standards, not send your best to BYU and your others to this meet. It is an all or nothing meet!

SPECTATOR ENTRY: \$2 per person

REGISTRATION: Will be on runnercard.com. The code will be emailed. Please have all entries in by 6:00pm on May 3<sup>rd</sup>.

ENTRY: \$180 total fee (includes both boys and girls teams) or \$5 per individual. Make checks out to: Herriman High Track

11917 S. Mustang Trail Way

Herriman, UT. 84096

Individual athletes are limited to 4 events, including relays. There is a limit of 4 per event and 1 relay. Please ONLY enter athletes that can hit the standard! If someone has another legit athlete they are trying to qualify for State please email James Barnes.

FIELD EVENTS: will start at 2:45pm. Finals (top 9) will start immediately following the completion of last flight before we flip girls/boys. Field Event participants need to check in and can be moved from flights to accommodate track or other field events, but will have a limited time to do it. Javelin has a grass runway. Implement weigh-in at 2:15pm at the southwest corner of the stadium.

AWARDS: Top 6 for individuals and 1<sup>st</sup> place relays. Team awards to the top boys and girls teams.

There will not be a bullpen, clerking will be at the starting line.

Track heats will be fastest to slowest with Girl's heats going first.

Please keep tents away from press box so timing officials have good view

Concessions will be available, with coaches' meal tickets on us.

We will finish the meet with "Throwers Relay" (4x100) under the lights.

Any other questions, please email: [james.barnes@jordandistrict.org](mailto:james.barnes@jordandistrict.org)

## Schedule of Events

### Running Events (3:45pm)

Medley Relay

100/110 Hurdles

100m Dash

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

Throwers 4x100 Relay

### Field Events (2:45pm)

Girls Long Jump

Boys High Jump

Girls Discus

Boys Shot Put

Boys Javelin

Girls Pole Vault

### Field Events (5:00pm)

Boys Long Jump

Girls High Jump

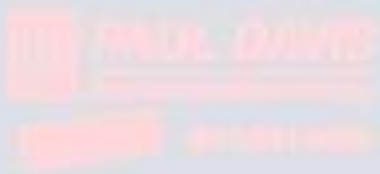
Boys Discus

Girls Shot Put

Girls Javelin

Boys Pole Vault

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**2018 Boys Accepted Marks -**

100m Dash - 11.80

200m Dash - 24.20

400m Dash - 54.00

110m Hurdles - 17.50

300m Hurdles - 45.00

800m Run - 2:08

1600m Run - 4:53

3200m Run - 10:28

Pole Vault - 10'06

High Jump - 5'08 opening

Long Jump - 18'0

Shot Put - 40'00

Discus - 108'00

Javelin - 120'00

**2018 Girls Accepted Marks -**

100m Dash - 13.80

200m Dash - 28.00

400m Dash - 1:04.00

100m Hurdles - 17.50

300m Hurdles - 52.00

800m Run - 2:40

1600m Run - 5:54

3200m Run - 12:42

Pole Vault - 7'06

High Jump - 4'06 opening

Long Jump - 14'0

Shot Put - 28'10

Discus - 84'00

Javelin - 80'00

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