

# 2023 Mountain Valley Invite

Maple Mountain High School  
Monday, March 27th @ 1 PM

We are excited to be hosting the 2023 Mountain Valley Invite at Maple Mountain High School. This is a state qualifying meet. We will have USATF officials on-site and a professional timing crew in place.

**MEET START TIME: 1:00 PM // WARM UPS OPEN 12:00 PM**

<b>ORDER OF RUNNING EVENTS</b> <i>Girls first in all running events</i>	<b>FIELD EVENTS (Starting at 2:00 PM)</b>
100m / 110m Hurdles 100m 1600m 4x200m Relay 400m 800m 4x100m Relay 300m Hurdles 200m 3200m 4x400m Relay 4x800m Relay	Shot Put (Boys first) Discus (Girls first) Javelin (Boys first) High Jump (Girls first) Long Jump (Boys first) Pole Vault (Combined)

## ADDITIONAL INFORMATION

We will need everyone's help to ensure the meet runs as smoothly and timely as possible. We will start on time. Depending on the number of entries we may have to forgo extra heats in the relays. I will let you know after the meet closes on RunnerCard if this becomes necessary.

- Coaches meeting will be at 12:30 PM, at which time coaches should have all athlete scratches and additions ready for submission.
- Each team will be allowed: seven (7) entries in each individual running event, six (6) entries in each field event, and one (1) relay team per relay event.
- Please have all your registrations done by **Friday, March 24rd at 8 PM.**
- Pole Vault will be contested Tuesday at Salem Hills at 3pm. Depending on the number of entries it may be combined.
- All races will be timed finals. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1.
- All running events will be slowest to fastest.
- Girls will go first in all running events, followed by the boys.
- Entry fees will be \$125 total per school. \$5 per event for individuals.
- There will be no medals awarded at the meet.

**Crossbar Progressions**

High Jump and the Pole Vault will be raised:

Girls HJ - 4'3" - 5'3" two inch increments. One inch thereafter.

Boys HJ - 5'2" - 6'2" two inch increments. One inch thereafter.

Boys PV - 8'0" - 12'0" six inch increments. Three inches thereafter.

Girls PV - 6'0" - 10" six inch increments. Three inches thereafter

**Field Event Minimums For Measurement**

We will be enforcing minimum marks for measurement for the shot put, discus, long jump and javelin. We will measure the first attempt in all cases but will not measure subsequent marks if they are not beyond the established minimum measurement mark.

Girls Shot Put - 20' // Boys Shot Put - 30'

Girls Discus - 60' // Boys Discus - 80'

Girls Javelin - 60' // Boys Javelin - 90'

Girls Long Jump - 12' // Boys - 16'

**Team Assignments**

Bullpen // Maple Mountain High Jump // Springville Javelin // Juab Long Jump // Spanish Fork Shot Put // Payson	Discus // Provo Pole Vault // Salem Hills Relay Exchanges // Skyridge Hurdle Crew // Maple Mountain
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Yellow areas are the team areas

