

2023 EARLY BIRD INVITATIONAL

Date: March 17-18th, Friday 3pm and Saturday at 9am

Open to: 1A - 6A Track Teams

Location: Mountain View High School 665 Center St, Orem, UT 84057

Registration/Fees: Registration will be posted on runnercard.com and will close the **15th of March at Midnight**

\$8.00 per athlete per event and \$20.00 for each relay
(\$100.00 maximum per team or \$200.00 boys/girl's maximum).

Entrys: teams may enter up to 50 entries (per gender) and 1 relay team per relay per gender
Teams may use an unlimited number of entries per event

Please do no enter more than 50 entries even though the system may allow it.

Note: Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line). We do not have an area for pole vault and is not currently part of the meet.

- All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the North end of the stadium under the bleachers. Make sure your athletes are using the IAAF javelins.
- Throwers and Jumpers will be allowed three tries (top nine to finals).

Meet Contact:

Mike Strauss (801) 836-4811

email: mvrunning14@gmail.com

This is a State Qualifying meet, the schedule of events is on the next page and all running events will be girls then boys

Friday, March 17th (All Finals)

3:00 PM (weigh master opens at 2pm)

4x200 M

1600 M

100 M

100 M Hurdles Girls

110 M Hurdles Boys

400 M

4X800 M

Saturday March 18th (All Finals)

9:00 AM (weigh master opens at 8am)

3200 M

4x100 relay

300 M Hurdles

800 M

200

4X400 Relay

Friday, March 17th

3:00 PM Girls Javelin (Min-70'0")

3:00 PM Girls Discus (Min-60'0")

3:00 PM Boys Shot (Min-30'0")

3:00 PM Girls LJ (Start-12'0")

3:00 PM Boys High Jump (Min-5'0")

Saturday March 18th

9:00 AM Boys Javelin (Min-100'0")

9:00 AM Boys Discus (Min-75'0")

9:00 AM Girls Shot (Min-20'0")

9:00 AM Boys Long Jump (Start-17'0")

9:00 AM Girls High Jump (Min-4'0")

