

## **BINGHAM INVITATIONAL**

2160 west South Jordan Parkway  
South Jordan, UT

State Qualifying Track and Field Invitational  
May 1 at 9:00 AM

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Enter all athletes on Runnercard.com by April 29th at 10 pm. Each team will be allowed five (5) athletes in each individual event and one relay team per relay event. Athletes are limited to four events.

**Masks are required by all spectators and coaches and by athletes not actively warming up or participating.**

### **Awards:**

- top six finishers in individual events
- top finisher in relays
- Team trophies will be given to the meet champions

### **Entry Fee:**

- \$2.00 per athlete per event
- \$8.00 for each relay
- Maximum of \$250 per team
- \$5.00 per spectator or \$10 per family (6 people)  
<https://binghamathletics.com/event-tickets>
- Coaches Passes will be accepted

### **Surfaces:**

- Rubberized Track. Please note the only 1/4" (or shorter) pyramid spikes can be used (spikes will be checked at bullpen and starting line)
- Shot Put and Discus rings are concrete
- Javelin runway is grass
- Pole Vault, High Jump and Long Jump runways are Rubberized Surface

### **General Meet Information:**

- Pre-entries with Runnercard.com by April 29th at 10 pm
  - All heats will be formed in the bullpen
  - Please give FAT times and accurate distances and heights
- All throwing implements will be weighed and certified according to the National Federation Rules
  - The weigh-in will be conducted at the Northwest end of the stadium.
  - Make sure your athletes are using the IAAF javelins
- All races are timed finals

- Throwers and jumpers will be allowed three tries (top nine to finals)
- Minimum marks measured will be set as follows:
  - Girls Boys
  - Discus 70' 90'
  - Javelin 60' 100'
  - Shot Put 25' 35'
  - Long Jump 12'6" 17'
- The crossbars for the High Jump and the Pole Vault will be raised as follows:
  - Girls HJ - 4'06", 4'08", 4'10", 4'11", 5'00", 5' 01", 5'02", 5' 04", 5'06" one inch thereafter.
  - Boys HJ - 5' 06", 5'08", 5'09", 5' 11", 6' 00", 6'01", 6' 03" one inch thereafter.
  - Girls Pole Vault- 6' 00", 6' 06", 7' 00", 7' 06", 8' 00", 8' 06",9'03"
  - Boys Pole Vault - 9' 00", 9' 08", 10' 00", 10' 06", 11' 00", 11' 06", 12' 00", 12' 02", 12'06",
  - 13' 00" three inches thereafter. (girls compete with boys for boys points)

Questions concerning the meet should be directed to:  
 Vance Brown - Email: [vance.brown@jordandistrict.org](mailto:vance.brown@jordandistrict.org)

Start time: 9:00 a.m.  
 Girls first, followed by boys

Running Events	Running Events
9:00	4x800
9:15	100/110m HURDLES
9:45	100m DASH
10:00	4x200m Relay
10:30	1600m RUN
11:00	4x100m RELAY
11:40	400m DASH
12:15	300m HURDLES
12:45	800m RUN
1:35	200m DASH
2:05	3200m RUN
2:45	4x400m RELAY
3:25	Presentation of Awards

\*Events will move ahead of schedule whenever possible

Field Events

8:00 a.m. Weigh-in

Northwest end of stadium

9:00

Field Events

- Javelin (Girls) then Javelin (Boys)
- Discus (Boys) then Discus (Girls)
- High Jump (Girls) then High Jump (Boys)
- Long Jump (Boys) then Long Jump (Girls)
- Shot Put (Girls) then Shot Put (Boys)
- Pole Vault (Girls) then Pole Vault (Boys)

\*all events close at 12:30 for finals, excluding high jump and pole vault