SUN MOUNTAIN INVITATIONAL

Tuesday, May 20, 2025 at American Heritage School in American Fork
736 N 1100 E, American Fork, UT 84003

Order of TRACK Events
Girls first, then Boys

4:30PM   1500M run

100M dash

400M dash

4 x 100M relay

800M run

200M dash

4 x 400M relay

FIELD Events
(open pit for Long Jump & Shot Put…for the High Jump, pick which session works best for you)

4:30-6:00PM Long Jump: 10 and under

4:30-6:00PM Shot Put: ages 10 and under

4:30-6:00PM High Jump: Will start at 3'2"

6:00-7:30PM Long Jump: ages 11 and older

6:00-7:30PM Shot Put: ages 11 and older

6:00-7:30PM High Jump: Will start at 3'2"

PLEASE NOTE:

*This is a rolling schedule. We will move ahead whenever possible.

*Please get a bib sticker from your coach before your first event.

*At first call, make your way to the starting line to check-in.

*In all running events, the youngest will go first and girls will be followed by boys.

*"Open pit" means that you may get your marks at any time during the time frame as long as you are in that age division.

*We will end the meet with a coaches/parents/family 4x100M division! Please email nate@utahspeedacademy.com if interested!)

*The infield will be primarily closed to everyone except athletes, officials and volunteers.

REGISTRATION:

- Registration will be done through the SportTrax app by your club team coach and will open on May10, 2025.

- If you wish to compete Unattached, please register on SportTrax!

- All athletes must register ahead of time, registration will close at Noon on Monday, May 19th.

- We will NOT have day of registration

- Cost of meet is $5/event

- Coaches must register their relay teams

Year of Birth Age Division

born 2017+: 8 & Under

born 2015-2016: 9-10

born 2013-2014: 11-12

born 2011-2012: 13-14

born 2009-2010: 15-16

born 2007-2008: 17-18

● You do not need to register for relays. If you are planning on running in a relay talk to your coach they will register those.

Contact Coach Nate Soelberg at nate@utahspeedacademy.com with questions!