



# BYU Indoor Invitational (High School)

January 19 - 20, 2024

-The BYU Indoor Invitational High School meet will be held Friday January 19th through Saturday January 20th, 2024. Competition will be held at the Smith Fieldhouse in Provo, UT. Parking is available north of the Indoor Practice Facility. Check-in and entrance for everyone (coaches, athletes, & spectators) will be at the doors on the north side of the Smith Fieldhouse

-The meet will start earlier on Friday than in years past to accommodate the number of entries.

-Each athlete must sign a waiver. This will be done during the registration process online or in the Meettrax app

-Meet organizers highly recommend downloading the Meettrax app or referring to [meettrax.com](https://meettrax.com) to find the most up to date heat/lane assignment, meet information/schedule and real-time results

## Registration: Meettrax app or [meettrax.com](https://meettrax.com)

-Search for 'BYU Indoor Invitational [High School] [2024]' in Upcoming Meets

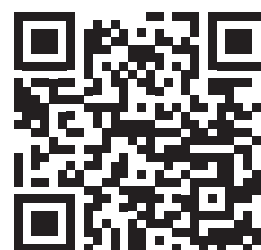
- Athletes must be registered on an "unattached team" by their parent or legal guardian. This is necessary as it is BYU policy that parents e-sign the required liability waiver. No school or formally organized team registrations will be allowed. Parents should follow the detailed instructions (link found above in blue box) to create their "unattached team" to complete registration

- Athlete Registration Fee will be \$10/athlete/event. Each participant may register/participate in 4 individual events + 1 relay

- Registration must be completed by Jan 18th at 5pm MST. Incomplete registrations (waivers not signed OR fees not completely paid) will be void and athletes will not be seeded into events. No event changes will be made once registration closes. No exceptions.

- If your athlete is participating in a relay, only one team member should register/pay for the relay entry. Relay cards must be turned in 30 minutes before the relay event at the timer's table. Pick-up is available at timer's table anytime throughout the day.

- Check the Meettrax app for your heat/lane assignments. Go to the individual field events for more information. -Please contact [byu@meettrax.com](mailto:byu@meettrax.com) if you have any questions or need help with registration

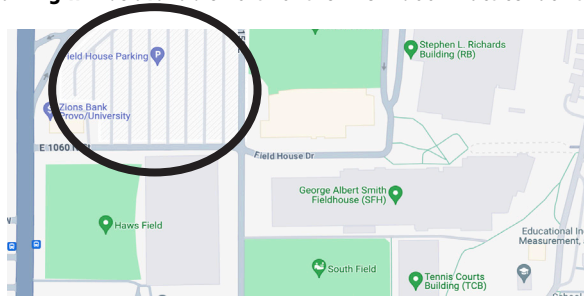


(QR Code to <https://meettrax.com/meets/19>)



-Parking will be available north of the BYU Indoor Practice Facility. Events will be held in the BYU Smith Fieldhouse

**Location/Parking:**



-Spectator tickets are \$10/individual/day and can be purchased at [BYUTickets.com](https://BYUTickets.com) (look below in the Links section for a direct link). Children 5 and under have free admission

-Spectators will need to present each day's ticket upon entry

**Admission:**

-Coaches may show their 2023 State Meet Coaching pass/credential to access the meet. No other passes will be accepted.

-Doors will open 1 hour before the first event each day. Check-in and entrance for everyone (coaches, athletes, & spectators) will be at the doors on the north side of the Smith Fieldhouse.

**Rules:**

-UHSAA rules will be enforced  
-Any lane violations or fouls will result in disqualification

**Spikes:**

-Spikes are allowed on the track  
-1/4" or less in length, pyramid style only (no needles/Christmas trees)

**Hip Numbers**

-Dispose of hip numbers in the trash receptacles. The adhesive is very strong, so any hip numbers not disposed of properly (put on walls/track) will incur a \$50 fine

**Awards:**

-Medals will be given to the top 3 finishers in each event as well as the top team in each relay

**Records/Past Year's Results:**

-BYU Smith Fieldhouse High School Track and Field Records:

<https://byucougars.com/byu-indoor-invitational-high-school-records>

-Past Year's Results:

<https://byucougars.com/byu-indoor-invitational-high-school-results>



# Friday Schedule

Refer to the Meettrax App for the Most Current  
Times/Heats/Lane Assignments

Running events will be on a rolling schedule starting at 2pm on Friday.  
Please be sure to check the schedule for field events areas as they have different starting times.

## Running Events

**2:00pm**    **2 Mile Run (Girls)**  
**To Follow Girls**    **2 Mile Run (Boys)**

## Field Events

**2:00pm**    **Long Jump (Boys)**  
**To Follow Boys**    **Long Jump (Girls)**

**3:00pm**    **Pole Vault (Girls)**  
**To Follow Girls**    **Pole Vault (Boys)**

**4:00pm**    **High Jump (Girls)**  
**To Follow Girls**    **High Jump (Boys)**

**5:00pm**    **Shot Put**  
(Girls/Boys will start at the same  
time on different rings)

**To Follow Girls Shot Put**    **Weight Throw (Girls)**  
**To Follow Boys Shot Put**    **Weight Throw (Boys)**

Girl's Pole Vault: 6-0 start, 6" increments  
Boy's Pole Vault: 8-0 start, 6" increments  
Girl's High Jump: 4-0 start, 2" increments  
Boy's High Jump: 5-2 start, 2" increments



# Saturday Schedule

Refer to the Meettrax App for the Most Current  
Times/Heats/Lane Assignments

Events will be on a rolling schedule starting at 8am on Saturday.

## Events Begin at 8:00am

**Mile (Girls)**

**Mile (Boys)**

**60m Hurdles Prelims (Girls)**

**60m Hurdles Prelims (Boys)**

**60m Dash Prelims (Girls)**

**60m Dash Prelims (Boys)**

**400m Dash (Girls)**

**400m Dash (Boys)**

**60m Hurdles Finals (Girls)**

**60m Hurdles Finals (Boys)**

**60m Dash Finals (Girls)**

**60m Dash Finals (Boys)**

**800m (Girls)**

**800m (Boys)**

**200m (Girls)**

**200m (Boys)**

**4x320m Relay (Girls)**

**4x320m Relay (Boys)**



Pole Vault

Long Jump

High Jump

Shot Put

400m break

60m back

1&2 mile

FINISH



SMITH FIELD HOUSE  
INDOOR TRACK COMPLEX



60m

400m  
Fx2

800m  
Fx3

