

LANDER-RIVERTON DUAL MEET
APRIL 20, 2021
LANDER VALLEY HIGH SCHOOL

Unlimited entries per event / 4-event limit for individual athletes
Scoring 5-3-1 for individual events / 5 for relays
Entries due by 2:00pm--April 20

FIELD EVENTS

Four jumps and throws per athlete. No finals.
Starting heights in pole vault and high jump will be determined by event coaches.

4 p.m. Pole vault: Boys followed by girls
 Long jump: Boys followed by girls
 Triple jump: Girls following by boys
 High jump: Boys followed by girls
 Shot put: Boys followed by girls
 Discus: Girls following by boys

TRACK EVENTS (girls followed by boys)

4:00 p.m. 3200 Meters
 100M Hurdles
 110M Hurdles

Short break

5 p.m. 100 Meters
 1600 Meters
 4X100 Meter Relay
 400 Meters
 300M Hurdles
 800 Meters
 200 Meters

 10 minute break

 4x400 Meter relay