## 2017 Rocky Mountain Track \& Field Meet

To: $\quad$ Track Coaches (Riverside, Greybull, Lovell, Burlington, Rocky Mountain).
From: Rod Winland-Meet Director

RE: 2017 Rocky Mountain Track Meet

Date ofMeet: Saturday, April 1,2017

Time: The meet will begin at 9:00 a.m with the Scratch Meeting beginning at 8:30 a.m in the crow's nest above bleachers. Implement weigh-in will begin at 8:30am on the south side of the concessions.

Field Events: Report at 8:30 a.m These events start at 9:00 a.m

- Boys Long Jump

Girls Shot

- Boys High jump

Boys Discus

- Girls Triple Jump
- Girls Pole Vault

Report to these events after the completion of the above events:

- Boys Triple Jump
- Girls Long Jump

Boys Shot

- Girls High Jump
- Boys Pole Vault


## *3200 Meter Run will begin at 9:00

* Track Running Events:

| 10:45 a.m |  |
| ---: | :--- |
| $>$ | $>3200 \mathrm{M}$ Relay |
| $>100 \mathrm{~m}$ Int. Hurdles |  |
| $>110 \mathrm{M}$ High Hurdles |  |
| $>100 \mathrm{M}$ Dash |  |
| $>1600 \mathrm{M}$ Run |  |
| $>400 \mathrm{M}$ Relay |  |
| $>400 \mathrm{M}$ Run |  |
| $>300 \mathrm{M}$ Low Hurdles |  |
| $>300 \mathrm{M}$ Int. Hurdles |  |
| $>800 \mathrm{M}$ Run |  |
| $>$ | $>200 \mathrm{M}$ Dash |
| $>1600 \mathrm{M}$ Relay |  |



