American Fork @ Riverton Duel Meet

**General Meet information**

1. Please register your athletes online at runnercard.com prior to the meet.

* Athletes can register for the meet the day of

2. All events are finals

3. Field events will get 4 attempts with no finals

4. Timing will be done through a finish lynx system with and eagle eye back up.

5. Events will be done girl first than boys

6. Javelin is located outside the track on the south side of the field. Shot Put is located outside the track on the north end of the field.

**Events List – Events start at 3:30**

(Girls first followed by Boys)

|  |  |
| --- | --- |
| **Running Events**  100/110m Hurdles  100m Dash  1600m Run  4x100m Relay  400m Dash  300m Hurdles  800m Run  Sprint Medley Relay (2,2,4,8)  200m Dash  3200m Run  4x400m Relay | **Field Events**  High Jump- Girls at 3:30  Boys at 4:30  Pole Vault – Girls at 3:30  Boys at 4:30  Long Jump – Open Pit  Shot Put – Open Pit  Javelin – Open Pit  Discuss - Open |

**For question please call or email.**

Coach Englestead

435-817-3157

chase.englestead@jordandistrict.org