41st ANNUAL SHANE BROCK MEMORIAL TRACK MEET LANDER VALLEY HIGH SCHOOL MAY 8, 2021

Entry Fee: \$100.00 for each school (boys and girls combined)

Entries: Due on RunnerCard by 7:30 a.m. on Sat., May 8.

Maximum of four events per athlete. Unlimited entries per event, and up to two relay teams.

Scratches: Should be made Saturday morning before 7:30 a.m. on

RunnerCard. No additions will be allowed.

Equipment: Shot and discus weigh-ins will be at 8:30

in the track shed near the finish line.

Rules: NFHS rules will apply. This is a WHSAA qualifying

meet. FAT timing system will be used.

Throws/jumps: Throwers and jumpers will be allowed three tries. Top

nine to finals for three more tries. Attempts that do not clear these minimum throw lines will not be measured: Boys Disc: 80 feet/ Girls Disc: 60 feet/ Boys Shot: 30

feet /Girls Shot: 25 feet

Hospitality: Pizza and water will be provided to coaches and workers

for lunch by the track shed around noon.

Packets: Packets can be picked up in the press box. Packets

include order of events, WHSAA qualifying form,

invoice, and trash bag for camp cleanup.

Parking/Team Camps: No team camps on the football field. Also, no sunflower

seeds, pop, or colored drinks on the turf.

Contacts: Ben Gose, bgose@landerschools.org

Serol Stauffenberg, sstauffenberg@landerschools.org

SHANE BROCK MEMORIAL TRACK MEET LANDER VALLEY HIGH SCHOOL MAY 8, 2021

ORDER OF EVENTS

FIELD EVENTS

9:30 a.m. Girls High Jump, followed by Boys

Girls Discus, followed by Boys Boys Shot Put, followed by Girls Boys Pole vault, followed by Girls Girls Long Jump, followed by Boys Boys Triple Jump, followed by Girls

TRACK EVENTS

Girls followed by boys. All running events will be timed finals.

9:30 a.m. 4x800 Meter Relay

11 a.m. Sprint Medley Relay

Girls 100 Meter Intermediate Hurdles

Boys 110 High Hurdles

100 Meters 1600 Meters 4x100 Relay

20 min. break--recognition of senior Lander Valley HS track athletes

400 Meters

300 Meter Hurdles

800 Meters

200 Meters

3200 Meters

4x400 Meter Relay



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION 6571 EAST 2ND STREET CASPER, WY 82609

Track Qualifying Standard Report Form

School	Head Coach
Athletic Director(Type or Pr Athletic Director(Signature) Meet Name Shane Brock Invite	Meet Director
Class: 1A 2A 3A 4A	Girls Boys
(Circle One)	(Circle One)

PLEASE TYPE OR PRINT LEGIBLY

INDIVIDUAL RUNNING EVENTS

Athlete's Name (Last, First)	Performance	FAT	HH*	Event	Circle One
Example: Smith, Basil	15.20		X	110 M Hurdles	(Prelim) / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final
					Prelim / Final

FIELD EVENTS

Athlete's Name (Last, First)	Performance	Event	Circle One
Example: Smith, Basil	59′ 06″	Shot Put	(Prelim) / Final
			Prelim / Final
			Prelim / Final
			Prelim / Final
			Prelim / Final
			Prelim / Final
			Prelim / Final
			Prelim / Final
			Prelim / Final
			Prelim / Final

RELAY EVENTS

Runners Names (Last, First)	Performance	FAT	HH*	Event
Example: Smith, Basil; Jones, Bill; Hawkins, Tom; Simpkins, Carl	45.30		X	400 Relay

^{*}Always round Hand Held times to the next higher tenth. The WHSAA office will round up all Hand Held times turned in with hundredths listed.

8/05

INVOICE

Shane Brock Invitational Track Meet

May 8, 2021

Entry Fee - \$100.00 (\$50/gender)

Payable to Lander Valley High School Activities 350 Baldwin Creek Rd. Lander, WY 82520

