

American Fork, Lehi and Riverton Tri-Meet

Starts at 3:30pm

We are looking for to a great region meet. It is supposed to be a little cold and rainy so bring gear accordingly. Good Luck and see you on Wednesday.

Basic Information

- Entries are due by 11:59pm Tuesday
- Limit 4 events per athlete
- No finals in the field events. 4 jumps/ throws per athlete.
- Everything will be timed using eagle eye timing system.
- No trials. Finals will be held in all events
- Athletes will be seeded at random for all sprint events
- Try to register your athletes prior to the meet.
 - Sign-up and adding an athlete for an event the day of the meet is acceptable.

Order of Events

Running Events

100/110 Hurdles

100m Dash

1600M Run

4x100m Relay

400M Dash

300m Hurdles

800m Run

Medley Relay

200M Dash

3200M Run

4x400M Relay

Field Events Start 3:30

4 Jumps and throws per athlete (No finals)

High Jump –Girl’s first, Boys will follow – athletes are to be aware of the current height. The bar will not be lowered.

Long Jump – Open Runaway.

Pole-Vaults – Starts at 4:00.

Discuss - Open Pit, middle of the track arena.

Shot Putt – Open Pit, north side outside the track facility.

Javelin - Open Pit, South side fields outside the track facilities.

Any questions please call or email me

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