39th ANNUAL SHANE BROCK MEMORIAL TRACK MEET MAY 5, 2018 LANDER VALLEY HIGH SCHOOL

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

Entries: Due on RunnerCard by 7:30 a.m. on Sat., May 5.

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

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

runnercard. No additions will be allowed.

Equipment: Pole vault, Shot, and discus weigh-ins will be at 8

in the track shed north of the grandstands.

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: 90 feet/ Girls Disc: 70 feet/ Boys Shot: 35 feet / Girls Shot: 25 feet

Hospitality: In auxiliary gym, for meet officials, bus drivers

and coaches only.

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: See attached diagram for bus parking/team camps.

Contacts: Ben Gose, bgose@landerschools.org

Serol Stauffenberg,

sstauffenberg@landerschools.org

SHANE BROCK INVITATIONAL TRACK MEET MAY 5, 2018 LANDER VALLEY HIGH SCHOOL

ORDER OF EVENTS

FIELD EVENTS

9:00 a.m. High Jump-- Girls (east pit) and Boys (west pit)

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.

10:30 a.m. Sprint Medley Relay

4x800 Meter Relay

Girls 100 Meter Intermediate Hurdles

Boys 110 High Hurdles

100 Meters

30 min lunch break. Recognition of senior Lander athletes and Coach Harms for 50 years coaching Lander track.

1600 Meters

4x100 Relay

400 Meters

300 Meter Hurdles

800 Meters

200 Meters

3200 Meters

4x400 Meter Relay

