

# Alpine Days 2021

Start Times for Each Event Vary and Cannot Be Guaranteed!

Please Be at Mountain View High School a minimum of one hour before your race.

Mountain View High School – 665 West Center, Orem

## TUESDAY

### RUNNING EVENTS

#### **1 P.M.**

UNIFIED EVENTS – 100m, Shot Put, Long Jump

#### **1:30 P.M.**

*100m Trials*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

*400m Finals*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

*1600m Finals*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

*200m Trials*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

*4x100m Relay Finals*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

### FIELD EVENTS

#### **1:30 P.M.**

High Jump – Boys

9<sup>th</sup> – East Side (Blue)

8<sup>th</sup> – West Side (Red)

7<sup>th</sup> – When 8<sup>th</sup> is done.

Long Jump - Girls

(4 Jumps Total)

9<sup>th</sup> – North Pit

8<sup>th</sup> – South Pit

7<sup>th</sup> – When 8<sup>th</sup> or 9<sup>th</sup>  
is done.

Shot Put – Boys

(4 Throws)

7<sup>th</sup> first, then 8<sup>th</sup> & 9<sup>th</sup>

## WEDNESDAY

### RUNNING EVENTS

#### **2:30 P.M.**

*100m Finals*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

*800m Finals*

**9<sup>th</sup>, 8<sup>th</sup>, 7<sup>th</sup>** (Girls then Boys)

*200m Finals*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

*3200m Finals*

9<sup>th</sup> (Girls then Boys)

*4x400m Relay Finals*

7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> (Girls then Boys)

### FIELD EVENTS

#### **2:30 P.M.**

High Jump – Girls

9<sup>th</sup> – East Side (Blue)

8<sup>th</sup> – West Side (Red)

7<sup>th</sup> – When 8<sup>th</sup> is done.

Long Jump - Boys

(4 Jumps Total)

7<sup>th</sup> – North Pit

9<sup>th</sup> – South Pit

8<sup>th</sup> – When 7<sup>th</sup> or 8<sup>th</sup>  
is done.

Shot Put – Girls

(4 Throws)

7<sup>th</sup> first, then 8<sup>th</sup> & 9<sup>th</sup>