

**40th ANNUAL SHANE BROCK MEMORIAL TRACK MEET  
HOSTED BY LVHS AT RIVERTON HIGH SCHOOL TRACK  
MAY 4, 2019**

- Entry Fee:** \$100.00 for each school (boys and girls combined)
- Entries:** Due on RunnerCard by 7:30 a.m. on Sat., May 4. 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:** Shot and discus weigh-ins will be at 8:30 in the track shed near the throwing area.
- 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:** Tickets for breakfast and lunch 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, hospitality tickets, and trash bag for camp cleanup.
- Parking/Team Camps:** No team camps on the football field. Also, no sunflower seeds or colored drinks on the turf.
- Contacts:** Ben Gose, [bgose@landerschools.org](mailto:bgose@landerschools.org)  
Serol Stauffenberg, [sstauffenberg@landerschools.org](mailto:sstauffenberg@landerschools.org)

**SHANE BROCK MEMORIAL TRACK MEET  
HOSTED BY LVHS AT RIVERTON HIGH SCHOOL TRACK  
MAY 4, 2019**

**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  
                  400 Meters  
                  300 Meter Hurdles  
                  800 Meters  
                  200 Meters  
                  3200 Meters  
                  4x400 Meter Relay



# INVOICE

Lander Valley High School  
Shane Brock Track Invitational  
May 4, 2019

Entry Fee - \$100.00

School: \_\_\_\_\_

Make checks to LVHS Activities  
350 Baldwin Creek Rd.  
Lander, WY 82520



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

**Track Qualifying Standard Report Form**

School \_\_\_\_\_ Head Coach \_\_\_\_\_  
 Athletic Director \_\_\_\_\_ (Type or Print) Meet Director Ben Gose *BG*  
 Athletic Director \_\_\_\_\_ (Signature) Meet Director *[Signature]* (Type or Print) AD  
 Meet Name Shane Brock Memorial Date May 4, 2019 (Signature)

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
<i>Example: Smith, Basil</i>	<b>15.20</b>		<b>X</b>	<b>110 M Hurdles</b>	<b>(Prelim) / Final</b>
					Prelim / Final
					Prelim / Final
					Prelim / Final
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					Prelim / Final

**FIELD EVENTS**

Athlete's Name (Last, First)	Performance	Event	Circle One
<i>Example: Smith, Basil</i>	<b>59' 06"</b>	<b>Shot Put</b>	<b>(Prelim) / Final</b>
			Prelim / Final
			Prelim / Final
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			Prelim / Final
			Prelim / Final

**RELAY EVENTS**

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

\*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.