

**LANDER-RIVERTON
MIDDLE SCHOOL DUAL MEET
APRIL 20, 2021**

Unlimited entries per event / 4-event limit for individual athletes
Scoring 5-3-1 for individual events / 5 for relays
Entries due by 9:00pm--April 19

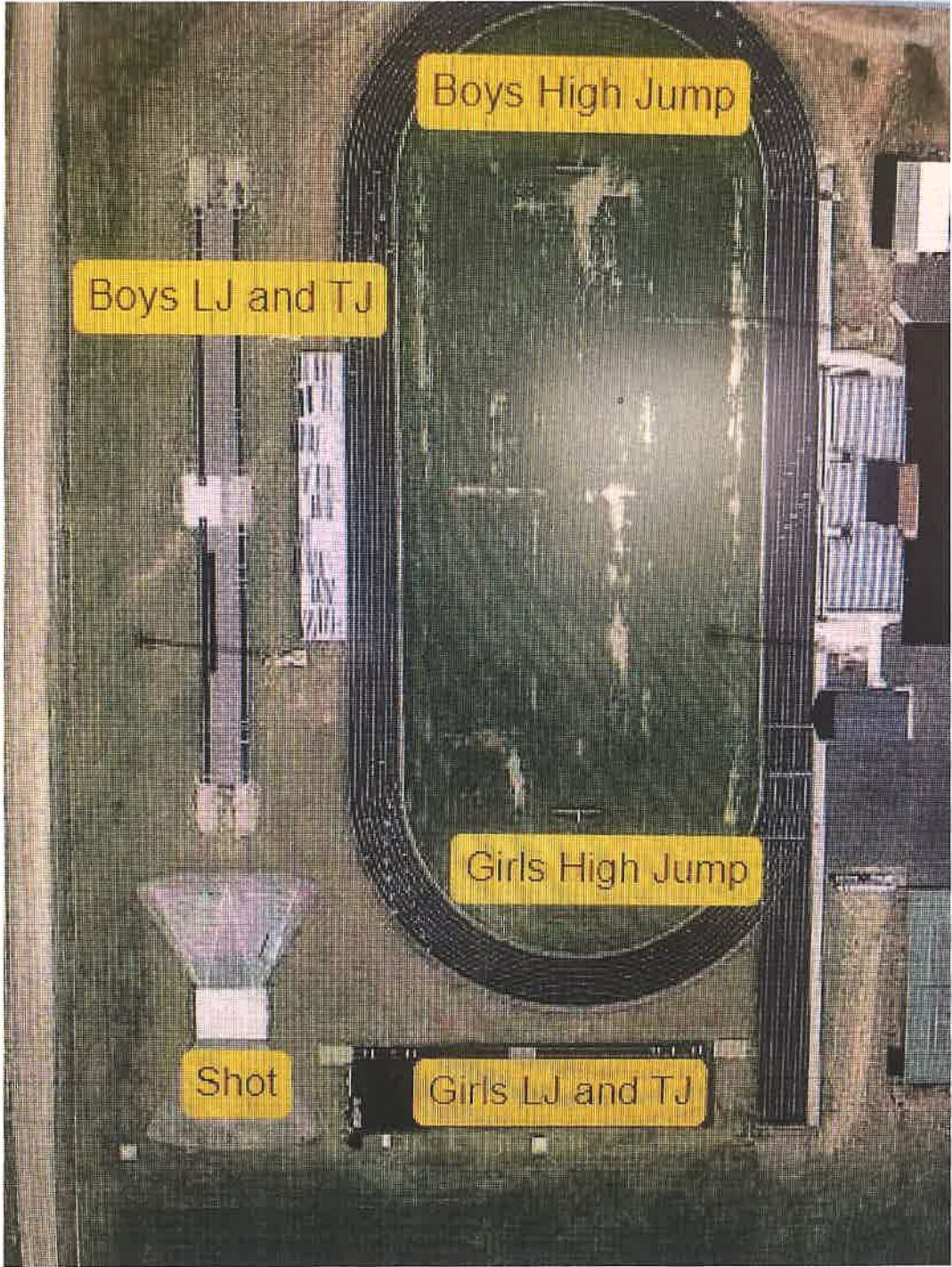
FIELD EVENTS

Four jumps and throws per athlete. No finals.

11:30 a.m. Long jump: Boys and Girls at the same time (see map)
Triple jump: Boys and Girls at the same time (see map)
High jump: Boys and Girls at the same time (see map)
--7th Boys 4'0"; 8th Boys 4'2"
--7th Girls 3'6"; 8th Girls 3'10"
Shot put: boys followed by girls
Discus: girls following by boys

TRACK EVENTS (Race Order: 7G, 8G, 7B, 8B)

11:30 a.m. 1600 Meter Run
100M Hurdles
100 Meter Dash
400 Meter Dash
200 Meter Hurdles
4X100 Meter Relay
800 Meter Run
200 Meter Dash
4x200 Meter Relay
4x400 Meter relay



Boys High Jump

Boys LJ and TJ

Girls High Jump

Shot

Girls LJ and TJ