## Riverton Invitational (Event Championship)

Question - If you have any question please contact Coach Englestead Email - chase.englestead@jordandistrict.org
Dates -Friday, April $12^{\text {th }}$
Where - Riverton High School
Entry Fee - $\$ 200$ per team
Meet Password - silverwolves
Scoring - The Riverton Invitational is NOT going to be scored in the traditional manor. Boys and Girls races will be combined per event and scored out and team champion will be award by specific event groups. For example distance girls and distance boys races will be combined.

Awards- Awards will be presented at the conclusion of each event. Please let your athletes know that if they place in the top 8 to report to the awards area immediately after the completion of each event. Top 3 in each event and the top relay team will receive a medal and tee shirt. $5-8$ will receive ribbons.

Team Awards - There will be FOUR total team championship trophies award. Girls and boys trophies will be combined per event groups.

- 1 trophy - Girls/Boys Sprints (100m, 100h, 110h, 200, 300h, $400 \mathrm{~m}, 4 \times 100,4 \times 400$ )
- 1 trophy-Girls/Boys Distance ( $800,1600,3200$, Medley)
- 1 trophy-Girls/Boys Jumps (Long Jump, High Jump, Pole vault)
- 1 trophy- Girls/Boys Throws (Javelin, Discus, Shot Put)

Results - Results will be posted at the meet and on runnercard.com
Streaming - Link will be in the event description on runnercard.com
Timing - FAT timing will be done through Run It Green (Nelson Orton)
Concession - There will be concessions available. Drinks, hamburgers, hotdogs etc.

Fast Heat - The fast heat will be determined by seed times. FAST HEAT WILL BE LAST
Event order - Girls will run first followed by boys.
Field Events -Three attempt trails + Finals, Top 9 advance to finals

## Entries

- Lane and Field Events - Register four athletes per event, per gender.
- Distance Events - Register five athletes per event, per gender.
- Pole Vault - Register up to eight per event, per gender
- Relays - One team per relay


## Meet Schedule (tentative time schedule)

| Start Time | Race | Heats |
| :---: | :---: | :---: |
| 3:00pm | 100 m Hurdles Girls | 6 Heats of 8 |
| 3:10pm | 110 m Hurdles Boys | 6 Heats of 8 |
| 3:20pm | 100 m Girls | 6 Heats of 8 |
| 3:30pm | 100 m Boys | 6 Heats of 8 |
| 3:40pm | 1600 m Girls | 3 Heats |
| 4:05pm | 1600 m Boys | 3 Heats |
| 4:30pm | 400 m Girls | 6 Heats of 8 |
| 4:45pm | 400 m Boys | 6 Heats of 8 |
| 5:00pm | $4 \times 100 \mathrm{~m}$ Girls | 2 heats of 6 |
| 5:10pm | $4 \times 100 \mathrm{~m}$ Boys | 2 heats of 6 |
| 5:20pm | 800 m Girls | Heats of 16,12 final heat |
| 5:40pm | 800 m Boys | Heats of 16,12 final heat |
| 6:00pm | Sprint Medley Girls | 2 heats of 6 |
| 6:15pm | Sprint Medley Boys | 2 heats of 6 |
| 6:35pm | 300 m Hurdles Girls | 6 Heats of 8 |
| 6:50pm | 300 m Hurdles Boys | 6 Heats of 8 |
| 7:05pm | 200 m Girls | 6 Heats of 8 |
| 7:15pm | 200 m Boys | 6 Heats of 8 |
| 7:25pm | 3200 m Girls | 2 heats |
| 7:55pm | 3200 m Boys | 2 heats |
| 8:25pm | $4 \times 400$ Girls | 2 heats of 6 |
| 8:35pm | $4 \times 400$ Boys | 2 heats of 6 |

## Field Events

| Start Time | Event | Flights | Start Mark or hog-line |
| :---: | :---: | :---: | :--- |
| 3:00 | Boys Shot | 4 Flights of 12 |  |
| $3: 00$ | Girl Discus | 4 Flights of 12 |  |
| 3:00 | Girls High Jump | N/A |  |
| 3:00 | Boys Long Jump | N/A |  |
| 3:00 | Pole Vault | N/A |  |
| 3:30 | Boys Javelin | 4 Flights of 12 |  |
| 5:30 | Boys High Jump | 4 Flights of 12 |  |
| 5:30 | Girls Long Jump | 4 Flights of 12 |  |
| $5: 30$ | Boys Discus | 4 Flights of 12 |  |
| 5:30 | Girl Shot | 4 Flights of 12 |  |
| $5: 30$ | Boys Javelin | 4 Flights of 12 |  |

