American Fork @ Riverton Duel Meet

**General Meet information**

1. Please register your athletes online at runnercard.com prior to the meet.

* Athletes can register for the meet the day of

2. All events are finals

3. Field events will get 4 attempts with no finals

4. Timing will be done through a finish lynx system with and eagle eye back up.

5. Events will be done girl first than boys

6. Javelin is located outside the track on the south side of the field. Shot Put is located outside the track on the north end of the field.

**Events List – Events start at 3:30**

(Girls first followed by Boys)

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| **Running Events**100/110m Hurdles100m Dash1600m Run4x100m Relay400m Dash300m Hurdles800m RunSprint Medley Relay (2,2,4,8)200m Dash3200m Run4x400m Relay | **Field Events** High Jump- Girls at 3:30 Boys at 4:30Pole Vault – Girls at 3:30 Boys at 4:30Long Jump – Open PitShot Put – Open PitJavelin – Open PitDiscuss - Open |

**For question please call or email.**

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