

FRONTIER VS Elsberry/Wright City

DATE: 4/15/21 TIME: 3:45PM

SCORING: 5-3-2-1 individual, 5-3 relays

BOYS — GIRLS

Online Entry Link

Entries are due at 9:00am by Thursday, April 15.

 UN ENTRIES: 100, 200, 400, hurdles

 UN ENTRIES: 800, 1600

 UN ENTRIES: RELAYS

 UN ENTRIES: FIELD EVENTS

QUESTIONS? CALL:

TOBY GLAVIN – 573-353-3755

tobiasglavin@wsdr4.org

TRACY CLEVELAND – 636-358-0980

FIELD EVENTS—TIME: 3:45PM

DISCUS: girls then boys, 3 throws

SHOT PUT: boys then girls, 3 throws

HIGH JUMP: boys first- 4'4 open, then girls- 3'10 open, 2" raises

POLE VAULT: girls & boys together, 5' open, 6" raises

LONG JUMP: boys & girls together, 3 jumps, cafeteria style, 60 minute limit

TRIPLE JUMP: follows LJ, boys & girls together, 3 jumps, cafeteria style, 60 minute limit

ORDER OF RUNNING EVENTS:

(girls first, then boys)

TIME: 4:00PM

4X800 (Boys and Girls together)

100M HURDLES (G)-30"

100M HURDLES (B)-33"

100M

4X200

1600M RUN

4X100

400M DASH

800M

200M

4X400