

# No-Name Invitational – 2021

Co-hosted by Lyons and Longmont High Schools @ Longmont HS

12:30 Coaches' Meeting  
(meet at the start/finish line)

12:30 PV Check & Weigh-In All Vaulters  
12:30 Shot/Discus Weigh-In All Throwers

## Cut-Off times for 800, 1600 and 3200 are:

Girls: 3:30, 7:40, and 14:00

Boys: 2:50, 6:40, and 13:00

**We will run up to 20 minutes  
ahead of this schedule if possible.**

1:30 Girls 800 Medley Relay  
1:35 Girls 3200 Relay  
1:50 Boys 3200 Relay  
2:10 Girls 100 M Hurdles  
2:25 Boys 110 M Hurdles  
2:40 Girls 100 M Dash  
2:55 Boys 100 M Dash  
3:15 Girls 4x200 M Relay  
3:25 Boys 4x200 M Relay  
3:35 Girls 1600 M Run  
3:55 Boys 1600 M Run  
4:15 Girls 4x100 M Relay  
4:25 Boys 4x100 M Relay  
4:35 Girls 400 M Dash  
4:50 Boys 400 M Dash  
5:05 Girls 300 M Hurdles  
5:20 Boys 300 M Hurdles  
5:40 Girls 800 M Run  
6:00 Boys 800 M Run  
6:20 Girls 200 M Dash  
6:35 Boys 200 M Dash  
6:50 Girls 3200 M Run  
7:10 Boys 3200 M Run  
7:25 Girls 4x400 M Relay  
7:40 Boys 4x400 M Relay

## Field Event Assignments:

Pole Vault – John Carmony ATB  
High Jump -  
Shot Put -  
Boys Discus -  
Girls Discus -  
Triple Jump -  
Girls Long Jump -  
Boys Long Jump -  
Relay Exchanges -

LJ, TJ, SP, Discus:  
Open Pit, 4 attempts, (No Finals)

1:00 Girls High Jump  
4' 1", 4'4", 4'7", then 2"  
1:00 Girls Long Jump  
measuring over 12'  
1:00 Girls Shot Put  
measuring over 20'  
1:00 Boys Pole Vault  
7' 4", 8'4", 9'4", then 6"  
1:00 Boys Triple Jump  
measuring over 32'  
1:00 Boys Discus  
measuring over 60'  
3:00 Boys High Jump  
5' 1", 5'4", 5'7", then 2"  
3:30 Boys Long Jump  
measuring over 16'  
3:30 Boys Shot Put  
measuring over 30'  
3:30 Girls Pole Vault  
6'4", 7'4", 8'4" then 6"  
3:30 Girls Triple Jump  
measuring over 24'  
3:30 Girls Discus  
measuring over 60'