

**Welcome to the 2012 Western
Conference
1A-2A-4A Regional Track &
Field Meet**

May 11 & 12, 2012

Hosted By: Riverton High School



Western Conference Regional Track Meet 1A / 2A / 4A

Friday & Saturday
May 11th & 12th, 2012

Host: Riverton High School
Keith Bauder – Riverton High School 851-8956
kbauder@fremont25.k12.wy.us
Cory Dziowgo – Meeteetse High School 272-1315
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Justin Walker – Wind River High School 399-3718
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Location: Wolverine Field

Entries:

- All entries must be made on RUNNER CARD prior to **May 8th @ 6:00 p.m.**
 - Event Name: 2012 WHSAA 1A-2A-4A West Regional Track & Field

- **Appropriate school abbreviation must be used – see attached sheet or go to the WHSAA web page and find it under General Links, Forms, Other Forms, School Abbreviations.**

Coaches Meeting & Breakfast:

- **There will be a coaches meeting at 7:45 a.m. Friday 5-11-12 at Riverton Choir Room. We do scratches, coach of the year, and information about the regional track meet.**

Meet Passes:

- You will be issued athlete passes and coach's passes at the scratch meeting Friday at scratch meeting.

Timing/Field events:

- Finish Lynx FAT Timing
- Field Lynx

Results:

- Results will be posted on concession trailer wall.

Awards:

- We will have an awards presentation following the final of each event. An awards presentation schedule is attached.

Concessions:

- Concessions will be available throughout the tournament.

WHSAA Ticket Prices:

- This is a WHSAA event. Session and contest prices are set by the WHSAA.
 - Adult - \$5.00 per day
 - Student - \$3.00 per day
 - Two Day pass- Adult \$8.00 and Student \$5.00
- High school students must present their WHSAA identification cards or high school ID card in order to purchase tickets at the student price. If no identification card is presented, adult prices will be charged. High school graduates and older are considered adults. Please pass this information on to your student body and your fans.

T-Shirts:

- Shirts N More will be selling regional t-shirts tournament site. Prices and pre-order forms will be sent out at a later date.

Hospitality Room:

- A hospitality room will be in the building by finish line and tent by building. It will be for coaches, bus drivers, tournament workers, and school administrators only.

Locker Rooms:

- Locker rooms will be available at RHS. Riverton High School will not be responsible for lost or missing items. **RHS will not provide towels.**

Water:

- Riverton High School will provide water and cups for the meet.

Athletic Training Room:

- The athletic training tent will be located by the building by the finish line and available for use throughout the tournament. A certified athletic trainer will be available. Please bring your own taping supplies.

Meet Management:

- Coaches and athletes will not be allowed in the infield area except for athletes who are warming up for their event.
- Pep clubs, parents and fans are reminded that pep posters, banners and noise makers are not allowed at Regional or State sites.
- Administrators will be assigned for supervision during each session.

Team Camps:

- Team camps need to be in the grass area on the West, East, and South sides of the stadium.

Parking:

- Due to school being in session on Friday, please have Buses Park in the parking lot north of the field. You may drop off by the fire lane then park north of field.

Rules for Regional and State Track:

- Please review the emails that Ron has sent out to all ADs from the WHSAA office. We will also go over these in the coaches meeting on Thursday night.

We look forward to a GREAT meet.

WEST REGIONAL TRACK EVENT SCHEDULE

Friday, May 11th

Field Events:

- 7:45 a.m.** **Coaches meeting scratches, coach of the year, rule changes.**
- 8:00 a.m. Implement & vaulter weigh-ins: Implements (shed by the alt. school north of the throwing area. Vaulters will be weighed in the freshman girl's locker room

- 9:00 a.m. Pole Vault – 4A Boys followed by 4A Girls
 4A Long Jump – Girls
 4A Discus - Boys
 1A High Jump - Girls
 1A Triple Jump – Boys
 2A Shot Put – Girls

- 10:00 a.m. 2A High Jump – Girls
 2A Triple Jump – Boys
 1A Shot Put – Girls

- 11:30 a.m. 4A High Jump – Girls

- 1:00 p.m. Pole Vault – 2A Boys followed by 2A Girls
 1A Triple Jump – Girls
 2A Discus – Boys

- 2:00 p.m. 4A Long Jump – Boys
 4A Shot Put – Girls
 2A Triple Jump – Girls
 1A Discus - Boys

Running Events:

Note: All running events will follow this sequence – 1A Girls, 2A Girls, 4A Girls, 1A Boys, 2A Boys, and 4A Boys

- | | | |
|--------------------|------------------------|---------|
| 9:00 a.m. | 800 Meter Run | Finals |
| 9:40 a.m. | 100 Meter Int. Hurdles | Prelims |
| | 110 Meter High Hurdles | Prelims |
| 10:40 a.m. | 100 Meter Dash | Prelims |
| 11:30 a.m. | 300 Meter Low Hurdles | Prelims |
| | 300 Meter Int. Hurdles | Prelims |
| Lunch Break | | |
| 2:00 p.m. | 200 Meter Dash | Prelims |
| 2:45 p.m. | 3200 Meter Run | Finals |
| 4:15 p.m. | 4 X 100 Meter Relay | Finals |
| 5:00 p.m. | 400 Meter Dash | Prelims |

WEST REGIONAL TRACK EVENT SCHEDULE

Saturday, May 12th

Field Events:

8:00 a.m.	Implement & vaulter weigh-Ins	Weigh in for the following implement Shed by alt. school north of throwing Field and vaulters in the freshman PE locker rooms.
9:00 a.m.	4A Triple Jump – Boys 4A Discus – Girls 1A High Jump – Boys 2A Long Jump – Girls 2A Shot Put – Boys	
10:00 a.m.	2A High Jump – Boys 1A Long Jump – Girls 1A Shot Put – Boys 1A Boys Pole Vault followed by 1A Girls Pole Vault	
11:30 a.m.	4A High Jump – Boys	
1:00 p.m.	1A Discus – Girls 2A Long Jump – Boys	
2:00 p.m.	4A Triple Jump – Girls 4A Shot Put – Boys 2A Discus – Girls 1A Long Jump – Boys	

Running Events:

9:00 a.m.	4 X 800 Meter Relay	Finals
10:00 a.m.	100 Meter Int. Hurdles	Finals
	110 Meter High Hurdles	Finals
11:15 a.m.	100 Meter Dash	Finals
Lunch Break		
1:00 p.m.	400 Meter Dash	Finals
1:35 p.m.	1600 Meter Run	Finals
3:00 p.m.	300 Meter Low Hurdles	Finals
	300 Meter Int. Hurdles	Finals
3:30 p.m.	200 Meter Dash	Finals
4:30 p.m.	4 X 400 Meter Relay	Finals

Awards Presentation Schedule

1A-2A-4A West Regional Track & Field

Friday, May 11th

- 9:30 a.m.
- 800 Meter Run
- 11:30 a.m.
- 4A Boys Pole Vault
 - 4A Girls Long Jump
 - 4A Boys Discus
 - 1A Girls High Jump
 - 1A Boys Triple Jump
 - 2A Girls Shot Put
- 1:30 p.m.
- 4A Girls Pole Vault
 - 2A Girls High Jump
 - 1A Girls Shot Put
 - 4A Girls High Jump
- 4:00 p.m.
- 1A Girls Triple Jump
 - 2A Boys Discus
 - 4A Boys Long Jump
 - 4A Girls Shot Put
 - 2A Girls Triple Jump
 - 1A Boys Discus
 - 2A Boys/Girls Pole Vault
 - 1A Boys/Girls Pole Vault
- 4:30 p.m.
- 3200 Meter Run
 - 4 x 100 Meter Relay

Saturday, May 12th

- 10:00 a.m.
- 4 x 800 Meter Relay
- 10:45 a.m.
- 100 Meter Int. Hurdles
 - 110 Meter High Hurdles
- 11:45 a.m.
- 100 Meter Dash
 - 4A Boys Triple Jump
 - 4A Girls Discus
 - 1A Boys High Jump
 - 2A Girls Long Jump
 - 2A Boys Shot Put
- 1:45 p.m.
- 4A Boys High Jump
 - 400 Meter Dash
 - 1A Boys Pole vault
- 2:30 p.m.
- 1A Girls Discus
 - 2A Boys Long Jump
 - 1600 Meter Run
 - 1A Girls Pole Vault
- 4:00 p.m.
- 4A Girls Triple Jump
 - 4A Boys Shot Put
 - 2A Girls Discus
 - 1A Boys Long Jump
 - 300 Meter Low Hurdles
 - 300 Meter Int. Hurdles
- 5:00 p.m.
- 200 Meter Dash
 - 4 x 400 Meter Relay
- 5:15 p.m.
- Team Awards
 - 1A, 2A, 4A Coach of the Year Awards

Lodging

- Holiday Inn (AAA) 856-8100/856-0266(fax)
- Sundowner (AAA) 856-6503
- Super 8 Motel 857-2400
- Days Inn (AAA) 856-9677
- Rodeway Inn & Suites 856-2900 (Remodeled)
- Tomahawk Motor Lodge (AAA) 856-9205
- Motel 6 (AAA) (Remodeled) 856-9201 (Old Thunderbird)
- The Ol' Wyoming Motel 856-9223
- Paintbrush Motel 856-9238
- Roomers 857-1735
- Jackpine Motel 856-9251
- Comfort Inn 856-8900
- Hampton Inn 856-3500
- Holiday Inn Express (Lander) 332-4005
- Wind River Hotel & Casino 857-2100 (Brand New outside entrance from casino)

Restaurants

- ♦ Airport Café 856-2838 Taco Time 885-3201
- ♦ Arby's 856-0203
- ♦ The Breadboard 856-7044
- The Depot 856-2221
- The Bull 856-4728
- ♦ Burger King 856-8797
- ♦ China Panda 856-7666
- ♦ Country Cove 856-9813
- ♦ Dairy Queen 857-3042
- ♦ Domino's Pizza 857-2033
- ♦ El Durango 856-4590
- ♦ Fiesta Mexicana 857-2579
- ♦ Austin Steak House (Golden Corral) 856-1152
- ♦ JB's 856-5428
- ♦ Kentucky Fried Chicken 856-2661
- ♦ Little Caesar's Pizza 827-2077
- ♦ McDonald's 856-5068
- ♦ Oriental Palace Chinese 856-8003
- ♦ Pizza Hut 856-4266
- ♦ QT's Restaurant (Holiday Inn) 856-8100
- ♦ Subway 856-6370
- ♦ Sundowner Station 856-6503
- ♦ Taco Bell 856-7443
- ♦ Taco John's 856-9649
- ♦ Trailhead 856-7990
- ♦ Wendy's
- ♦ Perrett's
- ♦ Pizza Plus
- ♦ Wind River Casino Red Willow Rest,