

# Indoor Track Meet – February 13, 2021

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## Natrona County High School – MAC

- A. Throwers will be placed in flights. Each thrower will complete 3 throws (2-1) with the top 9 throwers advancing to the finals. Throwers in the finals will complete 3 throws (1-1-1).
- B. Triple jump and long jump competitors will receive three (3) attempts, with the top nine (9) competitors advancing to the finals.
- C. Pole Vault – 5 Alive  
Girls Starting Height (6' 00")  
  
Boys Starting Time – 45 minutes after the girls division  
Starting Height – (9' 00")
- D. High Jump – 5 Alive – Starting Heights Boys (5' 00") Girls (4' 2")

For reasons surrounding sanitization, we ask schools and athletes to consider high jumping and pole vaulting in leggings and long-sleeved tights to avoid skin contact on mats as much as possible since those are more difficult to sanitize. **We also ask that all field events except for the shot put compete with masks on.** There will be hand sanitizer available at each field event.

### **FIELD EVENT SCHEDULE:**

These events begin at 9:30am

Girls Long Jump  
Boys Triple Jump  
Girls High Jump  
Girls Shot Put  
Boys Pole Vault

These events follow immediately:

Boys Long Jump  
Girls Triple Jump  
Boys High Jump  
Boys Shot Put  
Girls Pole Vault

**Due to the limited number of people allowed in our facility, each visiting school will only be allowed to bring TWO coaches.** If a school wishes to bring more than two coaches, they can do so, but they will need to substitute a coach for a participant. Please let me know if you plan on bringing more than two coaches.

Each school will be in charge of running a field event. **This includes recruiting some of your athletes where necessary to help.** The assignments are as follows and **can be changed if coaches would like to work something out between them:**

Laramie and Goshen– Triple jump  
Kelly Walsh and Douglas– Pole vault  
Kelly Walsh and Rawlins--Shot put  
Kelly Walsh and Mountain View– Long jump  
Kelly Walsh and South – High jump

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## **RUNNING EVENT SCHEDULE (ROLLING SCHEDULE STARTING AT 10:00):**

There will be hand sanitizer at the starting line. Please use that before adjusting your blocks. Also, athletes must find a way to carry their mask with them while they run so that they have it at the finish line.

Girls will run each race first, followed by boys. This is a rolling schedule and competitors need to listen to the PA system for 1<sup>st</sup>, 2<sup>nd</sup> and final calls.

### Running Events

10:00	Sprint Medley Relay Finals
10:15	4 X 800m Relay Finals
10:45	55 Hurdle Finals
11:15	55m Finals
12:00	4 X 200m Relay Finals
12:15	1600m Finals
12:45	400m Finals
1:15	800m Finals
1:45	200m Finals
2:15	3200m Finals
2:45	4 X 400m Relay Finals

The following teams will be participating in the meet:

Kelly Walsh  
Laramie  
South  
Douglas  
Rawlins  
Mountain View  
Goshen County

***Entries can be completed on RunnerCard.***

***The meet is named Kelly Walsh Indoor Invitational***

There are five sets of bleachers that will be pulled out along the East wall of the MAC. Since there are no spectators allowed, those bleachers will serve as team camp areas. Also, please keep in mind the **group of 12 rule** set by the state health department. **When you get your athletes in their team camp, please arrange them in a manner that will allow social distancing between groups of no more than 12 athletes.**

Once all teams have arrived, the outside doors to the MAC will be locked in order to maintain strict adherence to numbers.

*To help offset the costs of hosting four indoor track meets in our facility this year, there is a \$125 fee for each visiting school. Thank you and we look forward to having you here.*