

16th Annual “Best of the Best” Middle School Track Meet

Bill Bush Stadium – Lander, WY

Tuesday, May 8, 2018

Junior High/Middle Coaches and A.D.s:

Lander Middle School in Lander has established a track meet at the end of the regular track season that gives top performers from each school a chance to compete head to head with other top athletes from schools throughout Wyoming.

NEW ENTRY REQUIREMENT: Athletes must meet the qualifying mark in order to compete. The mark must be entered in RunnerCard in order to compete.

Entries must be made on RunnerCard by 1:00 p.m. on Monday, May 7.

- We will not keep team scores.
- Limit of five entries per athlete.
- There is not a separate 6th grade division. 6th graders will compete in the 7th grade division.
- A qualifying mark must be entered for each athlete. If no mark is entered, the athlete will be scratched.
- All heats will be staged in the starting chutes at the south end of the track.
- All running events will be timed finals.
- We will run 100M hurdles.
- The 200M hurdles will be run on the 300M staggers (5 staggers).
- The 800M relays will be run in lanes the entire way on a four turn stagger. Our track has the official markings to complete the race staying in the same lane.
- Schools may bring one relay teams per grade and gender.
- Besides the high jump, athletes will be given three throws or jumps.

Please be prepared to work a field event. We will also need a coach from each school to time. We will have a work list at the scratch meeting.

Please park busses in the softball field parking lot.

Field Events will begin at 9:00 am in the following order:

High Jump: 7th Grade Boys followed by 8th Grade Boys – West HJ Area
7th Grade Girls followed by 8th Grade Girls – East HJ Area
****2” increase per round.**

Long Jump: 8th Grade Boys followed by 7th Grade Boys – SE pit.
8th Grade Girls followed by 7th Grade Girls – NE pit.
****3 Jumps – All Jumps Final**

Triple Jump: 7th Grade Boys followed by 8th Grade Boys followed by
7th Grade Girls followed by 8th Grade Girls – SE pit.
****3 Jumps – All Jumps Final**

Shot Put: 8th Grade Boys followed by 7th Grade Boys North Shot Ring
8th Grade Girls followed by 7th Grade Girls – South Shot Ring
****3 Throws – All Throws Final**

Discus: 7th Grade Girls followed by 8th Grade Girls -- East Disc Ring
7th Grade Boys followed by 8th Grade Boys — West Disc Ring
****3 Throws – All Throws Final**

Pole Vault: 7th Grade Girls followed by 8th Grade Girls followed by
7th Grade Boys followed by 8th Grade Boys – SW Runway
****6” increase per round.**

Running Events will follow this order: 7th girls, 8th girls, 7th boys, and 8th boys.

10:30 am 1600 M run

11:00 pm 100 M hurdles Girls 30” Boys 33”
100 M Dash
400 M Dash
400M Relay
200M Hurdles (Note: these are on the 300M stagger)
800M Run
200M Dash
800M Relay (Four Turn Stagger – Lanes entire way)
1600 M Relay

2018 Best of the Best Qualifying Marks

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Event	7th Grade Girls	8th Grade Girls	7th Grade Boys	8th Grade Boys
100M	14.51	13.93	13.01	12.81
200M	30.55	29.49	28.68	26.9
400M	1:10.11	1:08.93	1:06.54	1:01.4
800M	2:51.83	2:50.07	2:39.46	2:30.84
1600M	6:15.93	6:10.05	5:40.00	5:30.27
100M Hurdles	20.21	19.93	18.8	18.4
200M Hurdles	35.74	35.37	33.37	31.43
High Jump	4-02.00	4-04.00	4-08.00	5-00.00
Long Jump	12-06.25	13-5.25	14-06.00	15-06.00
Triple Jump	26-00.75	27-03.00	29-00.00	32-09.00
Pole Vault	6-0	6-0	7-0	7-6
Shot	22-02.75	24-00.00	30-11.00	37-00.00
Disc	61-00.00	66-66.00	82-05.00	107-03.00