

307 Invite-February 8, 2019

****This indoor track meet is open to Wyoming High Schools that have a program as sanctioned with the WHSAA. No unattached athletes from in state or out of state will be allowed to compete in the meet.****

Entry Fees- A \$125 per team entry fee or \$7 per athlete, whichever is less, will be charged. Schools bringing both a girl's and boy's team will be charged \$250. Please bring payment to the timing platform near the finish line area.

Spikes: ONLY 3 1/16" spikes are allowed; they will be inspected. Spikes only in competition areas, please do not wear spikes to restrooms, balconies etc.

Only athletes competing will be allowed on the floor. Athletes not competing and parents are to be in balcony due to limited space and safety concerns.

Indoor track facility consists of a six-lane, 42 inch wide (per lane) straightway, with four circular lanes for longer events (160 meters).

Team camps: will be located in the east and west stands of the field house. Access is provided by the stairways in both the northwest and southwest corners. Please, police your area at the end of the meet.

Timing system will be Finish Lynx.

Results will be available after completion of meet. Heat results will be posted in the hallway. All results will also be posted on Runner Card after the meet.

Heats will be seeded by time. All heating times sent in must have been run during this year's indoor season, or athlete will be seated as a "no times". Coaches need to be able to verify these times, if there is a challenge.

Trainers will be available: water and ice will be available if needed. Teams please bring your own training supplies.

Parking: Parents and buses may drop athletes off at the Fieldhouse and park at the summit lot (22nd and Willet.) **PARENTS AND BUS DRIVERS PLEASE BE AWARE PARKING OUTSIDE THE DESIGNATED AREA WILL RESULT IN PARKING TICKETS.**

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Schedule of Events

Field Events

9:00 AM-

- Long Jump (Boys First) – 3 prelim jumps, top 9 finals.
 - Traveling teams.... if your team is coming from a longer distance, i.e. Gillette we will place your athletes in a later flight so delay in arriving to the meet will not be an issue.
- Weight Throw, 3 throws No Finals

9:30 AM

- Shot Put, (Boys First) – 4 throws – (2-2) – No Finals, first throw to be measured if legal, then any legal throw past (20' line girls) (30' boys) to be measure. Top 9 to finals; 8 place

10:00 AM

- High Jump – Starts at 4' (Girls) and 5' (Boys)
- Pole Vault – Starts at 6' (Girls) and 7' (Boys)
- Triple Jump (Girls first) 3 Prelim jumps, top 9 to finals.

Running Events (Girls 1st, Boys 2nd)

9:00 AM 3200m (if requested by coaches) Coaches must help count athlete laps.

9:30 AM 4X 800 M Relay Finals
4 X 200 M Relay Finals – Heats against time

10:00 AM

55 Hurdles Finals – Heats against time
55 M Dash Finals – Heats against time
SMR-200m-200m-400m-800m
1600 M Run Finals – Fastest 12 seeds in heat
400 M Dash Finals – Heats against time
800 M Dash Finals – Heats against time
200 M Dash Finals – Heats against time
4X400 M Relay Finals – Heats against time