



**WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION
STATE INDOOR TRACK CHAMPIONSHIPS
CAMPBELL COUNTY RECREATION CENTER
FIELD HOUSE**

March 6-7, 2020

Entries: All entries must be completed on RunnerCard (www.runnercard.com) by 7:00 am Friday, March 6th. Only scratches will be allowed on Friday, March 6th and are due by 9:30 am. The meet will be seeded at this time.

Entry Limits:

Maximum: 4 events per athlete

Maximum: 1 team entry per relay

Maximum: 4 athletes per team per event; 6 athletes per event in the Shot Put

Exception: Teams may enter more than 4 athletes per event if they **all** have met the qualifying standard.

Implement & Pole Vault Weigh-Ins: One hour before the start of the meet, 10:30 am on Friday and 8:00 am on Saturday. Implements will be weighed-in in the storage room underneath Meet Results room (end of straightaway). Pole vaulters will weigh-in at the double doors to the left of the Training room behind the pole vault pit.

Team Packets: May be picked up beginning at 8:30 am on March 6th in the Meet Results room. *Scratches may be made until 9:30 am.*

Team Camps: Will be located in the gyms to the west of the track & field area. Only athletes competing or warming-up will be allowed in the Field House. **NO spikes are allowed in the gym area.** Coaches are responsible to make sure their athletes remain in the team camp area in the gym when not competing or warming up. *Please, police your team area at the end of the meet.*

Filming Areas: Use of electronic devices to film or view with the athletes will only be allowed in the coaches' boxes or the grandstands. These two areas have been designated as the unrestricted areas.

Spikes: May be used only during competition. Only 3/16" pyramid spikes are allowed; they will be inspected. NO spikes are allowed in the team camp gym area.

Trainer: A Certified Athletic Trainer will be available; water and ice will be provided. The training room is located at the North end of the Field House. Please bring your own training supplies.

Coaches Meeting: Will be held at 10:15 am on March 6th in the hospitality room in the lobby area of the Field House.

Seeding: Heats will be seeded by times. A "no time" will be given to an athlete unless they have a current season recorded competition time in their entered event. Coaches need to be able to verify these times in case there is a challenge. According to **WHSAA Rule 7.14.81 and Rule 7.14.81.5**, open 800M times can be used to determine 4x800 relay seeding times for the State Indoor meet and open 400M times can be used to determine 4 x 400 relay seeding times.

Scoring: Scoring will be 10-8-6-5-4-3-2-1. Nine finalists in the Triple Jump and Long Jump. Nine finalists in the Shot Put. Eight finalists in the 55M Dash and 55M Hurdles. Twelve finalists in the 200M, fastest times to finals with three final heats of four each, slow to fast.

Starting Heights: Pole Vault Boys 10' High Jump Boys 5'4"
Girls 7' Girls 4'2"

Shot Put: The Shot Put competition will be a two day event. Qualifications will be on Friday for both boys and girls. Any contestant with a regular season throw at the WHSAA qualifying standard or further, girls 35'5 and boys 48'0", will automatically move to Saturday's competition. Competitors will be put into flights and each competitor will be given three throws to reach a qualifying mark. Once the competitor makes the qualifying mark, he/she will be eligible to compete on Saturday. Saturday competitors will be re-flighted, given three preliminary throws, then re-flighted for three throws in the finals.

Throwing Standard: The throwing standard (qualification mark) will be based on the distance of 32' for girls and 42' for boys. Any throw in the preliminary round that touches the throwing standard line or further will qualify for finals on Saturday.

Facility/Running Events: The track facilities consist of an eight-lane straightaway with a 30M deceleration zone and six 200M circular lanes. Girls will precede boys in all races.

Exchange Zones: *4X200M Relay*, the first exchange occurs between the acceleration mark (small red triangle) and the last red triangle in their lane, which is the thirty meter exchange zone. The following relay members exchange between the straight row of red triangles and the last blue line which is 30 meters for the exchange. *Sprint Medley Relay*: the first exchange occurs between the acceleration mark (small red triangle) and the last red triangle in their lane, which is a thirty meter exchange zone. Second exchange occurs between the straight row of small red triangles and the last blue line which is 30 meters for the exchange. The following relay members exchange between the first blue line to the next blue line which is a 20 meter exchange zone.

Parking: Parent and fan parking is available on the East and South sides of the Field House. Team busses may drop off athletes and equipment then park on the North side of the Field House. Busses should park in the 5 bus parking spots on the North side of the Field House, along State St. or College Dr. to the North of the Field House.

Awards: Medals for the top 8 in each event will be presented at the conclusion of the final of the event throughout the meet at the awards stand. The champion's coach will be asked to present the 1st place medal. Trophies will be awarded to the top 4 boys teams and the top 4 girls teams at the conclusion of the meet.

Results: Results will be available after the completion of the meet. Heat results will be posted. Final results will be posted on the WHSAA website as well as on RunnerCard. The meet will also be available on the Track Meet Mobile app.

Hospitality: Coaches, workers and bus driver hospitality will be located in the conference room in the Field House lobby. Assigned number of wrist bands will be in packets. Additional wrist bands can be purchased in the meet results room for \$10 each.

T-Shirts: Fine Designs will be selling shirts at the meet in the lobby of the Field House.

Concessions: Will be sold in the lobby of the Field House.

Admission Costs: Day Pass: \$4.00 for adults \$2.00 for students
All Session: \$6.00 for adults \$4.00 for students

Meet Director: For any questions or additional information contact Cliff Hill by email (chill@ccsd.k12.wy.us) or phone (307-687-0369).



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Indoor State Schedule

Friday, March 6, 2020

Track Events - Running Schedule

12:00 PM Sprint Medley Relay
 3200m Finals
 400m Finals
 55 Hurdle Prelims
 55m Prelims
 4 X 800m Relay Finals
 200m Prelims

Field Events

11:30 AM Girls Long Jump
 Boys Triple Jump
 Boys Pole Vault
 Girls High Jump
 Shot Put Qualifying
 (Girls followed by Boys)

Saturday, March 7, 2020

Track Events - Running Schedule

9:30 AM 4 X 200m Relay Finals
10:05 AM 800m Finals
10:50 AM 55 Hurdle Finals
11:15 AM 55m Finals
11:40 AM 200m Finals
12:15 PM 1600m Finals
1:15 PM 4 X 400m Relay Finals

Field Events

9:00AM Boys Long Jump
 Girls Triple Jump
 Boys High Jump
 Girls Pole Vault
 Shot Put Finals
 (Boys followed by Girls)