

7220 Indoor Track and Field Invite-Feb. 22

10 Athlete entry limit on all events except shot put will have a 14 athlete limit per school. Each school will be allowed to enter up to 3 relay teams.

**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. **

Spikes: ONLY 3’/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). Redone Summer/Fall 2011

Team camps: will be located in the east and west stands of the field house. PLEASE NO TEAM CAMPS IN THE TRACK AREA! ATHLETES WILL BE ASKED TO MOVE UP TO THE STANDS. 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

8:30 AM-

- Long Jump (Boys First) – 3 Jumps – No Finals. First legal jump to be measured then only legal jumps past 13' (Girls) & 17' (Boys) will be measured. Athletes that exceed a 15' girls and 19' boys mark will be allowed one additional jump at the end of his/her flight -4 jumps total in his/her flight
 - 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.
 - These details have been arranged because of only one runway/jump pit available
- Weight Throw, 3 throws-No Finals. We are asking for a prerequisite of throws to be at least 20' for girls and 30' for boys.

9:00 AM

- High Jump – Starts at 4' (Girls) and 5' (Boys)
- Pole Vault – Girls followed by Boys, 7' (Boys) and 6' (Girls)
- Shot Put, (Boys First) – 3 throws – (2-1) –First throw to be measured if legal, then any legal throw past (25' line girls) (35' boys) to be measure. Finals will be in reverse order with a 1-1-1 setup.
 - Weigh Ins-1 hour before the start of the boys shot put.
- Triple Jump (to follow long jump – girls 1st- line at 25', boys line at 30', 3 jumps – No Finals –First jump will be measured if legal jump and any legal jump over the 31' (girls) 39' (boys). Athletes that make the 31' girls and 39' boys mark will be allowed one additional jump-4 jumps total in his/her flight

Running Events (Girls 1st, Boys 2nd)

9:00 AM 3200m Finals (coaches will be responsible for counting their own athletes.)

9:30 AM-----Senior Recognition

10:00 AM	Sprint Medley	Finals
	4X 800 M Relay	Finals
	4 X 200 M Relay	Finals – Heats against time
11:00 AM	55 Hurdles	Finals – Heats against time
	55 M Dash	Finals – Heats against time
	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