

## Wyoming High School Open-January 24, 2020

---

**\*\*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 7/16" 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 (22<sup>nd</sup> and Willet.) PARENTS AND BUS DRIVERS PLEASE BE AWARE PARKING OUTSIDE THE DESIGNATED AREA WILL RESULT IN PARKING TICKETS.

# Wyoming High School Open-January 24, 2020

---

## Schedule of Events

### Field Events

9:00 AM

- Long Jump (Boys First) – 4 Jumps – No Finals. First jump to be measured if legal then any legal jumps past 14' first jump (Girls), 18' (Boys).
  - 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.

10:00 AM

- High Jump – Starts at 4' (Girls) and 5' (Boys)
- Pole Vault – Starts at 6'9" (Girls) and 8'3" (Boys)
- Shot Put, (Boys First) – 4 throws – (2-1-1) – No Finals, first two throws to be measured if legal, then any legal throw past (25' line girls) (35' boys) to be measure.
- Triple Jump (to follow long jump – 4 jumps – No Finals –First jump will be measured if legal jump and any legal jump over the 28' (girls) 34' (boys)

### Running Events (Girls 1<sup>st</sup>, Boys 2<sup>nd</sup>)

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

We **will not** be running the 3200m run at this meet.



# Laramie High School

1710 Boulder Dr  
Laramie, Wyoming 82070  
307-721-4427

## INVOICE

### Customer

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: WY Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Date:

1/24/20

Quantity	Description	Unit Price	Total
	Wyoming High School Open at UW Fieldhouse 1/24/20 \$7 person/Max \$250		250.00

### Payment Details

◇ Check

Make Check out to ACSD1

mail to 1710 Boulder Dr

Laramie, WY 82070

Sub Total	
Shipping and Handling	
Taxes	
Total	250.00

Office Use Only

\_\_\_\_\_