

**Laramie Shine Indoor Invitational  
University of Wyoming Field house  
Friday, February 13, 2015**

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Entries: We are using RUNNERCARD.COM. Go to this site and register your team and enter your athletes for each team. You will be allowed to enter athletes until 8:00 AM, Friday, February 13th. **If you have any questions about using this site please call Bruce 307-721-4427. There will be a maximum entry of 4 events for each athlete.**

Weigh – Ins: 1 hour before the start of the meet. (9:00 AM at the field house announcers stand).

Entry Fee: \$7.00 per athlete. All monies should be handed in at the head table to the representative from the LHS Activities Office. Teams will be capped at \$275 per school.

Coaches/Scratch Meeting: Coaches can make scratches at the scorer's table up until 9:45 AM. Substitutions are allowed. No additions. Field event scratches at event time.

Hospitality Room: A hospitality room will be available for coaches, workers and bus drivers.

Team Scoring: 10-8-6-5-4-3-2-1

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. 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. Parents can also park across Grand Ave. on the south side. We apologize for the inconvenience but the UW girls' basketball game is scheduled for later in the afternoon.

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Schedule of Events

Field Events

10:30 AM

- High Jump – Starts at 4’2” (Girls) and 5’2” (Boys)
- Pole Vault – Starts at 7’ (Girls) and 8’ (Boys)
- Long Jump (Boys First) – 3 Jumps – No Finals. First jump to be measured if legal then any legal jumps past 14’ first jump (Girls), 17’ (Boys).
- Shot Put, (Boys First) – 3 throws – (2-1) – Finals 1-1-1-, first throw to be measured if legal, then any legal throw past (25’ line girls) (35’ boys) to be measure. Top 9 to finals; 8 place
- Triple Jump (to follow long jump – girls 1<sup>st</sup> - 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 25’ (girls) 30’ (boys)
- Weight Throw (Exhibition) Mixed – 3 throws – 2-1- No Finals, first throw to be measured if legal, then any legal throw past 25’ for girls, 35’ for boys to be measured.

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

10:30 AM	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

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