

Buffalo Twilight Track & Field Meet
Buffalo High School
Thursday, April 28th, 2016

GENERAL INFORMATION AND INSTRUCTIONS

PARKING

Please park in the lot on the east side of the track/football field.

SCHOOL CLASSIFICATION

This is a Wyoming state sanctioned qualifying meet. The meet will run as a one-class meet.

CHECK-IN/SCRATCHES

Coaches packets containing announcements, qualifying standards, and reporting forms will be available at the Storage Shed on the northwest corner of the track at 2:00 pm. **Scratches should be made when packets are picked up and taken to the press box.** No additions please.

TRACK WARM-UP

The track will be available for warm-up.

AWARDS & TOWELS

No awards will be given. Towels will not be furnished.

VALUABLES

Johnson County School District #1 will not be responsible for any personal belongings or school items lost.

PARTICIPATION RULES

- Entries are unlimited.
- The maximum number of events a contestant may enter shall be four (4).
- We will adhere to the 2015 NFSHA Track & Field Rule Book.

ENTRIES

Entries will be unlimited in each event and will be done on RunnerCard.com. **Entries are due by Wednesday, April 27th at 12 noon.**

SEEDING

Athletes will be heated and seeded according to actual or projected entry times. Please be as accurate or realistic as possible to be fair to all athletes. There will be no finals. Therefore, we need your help in placing the proper athlete in the appropriate heat.

REPORT TIME

Contestants must report 10 minutes before the event at the point of competition. Contestants not reporting on last call will be scratched. Athletes report to the North end of the track straightaway.

SPIKES

No one will be allowed on the track unless they have 1/8" pyramid spikes or running flats.

ALLEY STARTS

One turn alley starts will be used for the 800M Run, 1600M Run, and the 3200M Run.

STARTING BLOCKS

Starting blocks will be furnished by the meet management.

FEE & TIMING

There will be no fee. A FAT-LYNX timing system will be used.

FIELD EVENTS - Begin at 3:00 pm.

- A. Runways for the long jump, triple jump, pole vault and high jump will be on a synthetic surface.
- B. Take off boards for the long jump and triple jump will be 12" wide.
- C. Shot and Discus will be thrown from cement pads. Weigh-ins for shot-puts and discus will be held at the shed next to the shot put area.
- D. In the high jump and pole vault, each competitor will receive three (3) attempts at each height.
- E. Throwers will be placed in flights. Each thrower will complete 3 throws (1-1-1 setup). 9 throwers will be taken to finals, also with a 1-1-1 setup.
- F. Triple jump and long jump competitors will receive 3 jumps in prelims and 3 jumps in finals. Both jumps will be run on a continuous flight basis with 7-8 competitors active at a time.
- G. Pole Vault: Please give weigh-in sheets for poles to Dan Barent at the pole vault event.
 - Boys Division Starting Height- 8'0"
 - Girls Division Starting Height - 5'0"
- H. High Jump
 - Boys Division Starting Height- 5'1"
 - Girls Division Starting Height- 4'1"

FIELD EVENT SCHEDULE:

These events begin at 3:00 pm:
Girls Pole Vault - Southeast End
Girls High Jump - South End
Boys Shot Put - Practice Field
Girls Discus - Practice Field
Boys Long Jump - Southeast End
Girls Triple Jump - Southeast End

These events follow immediately:
Boys Pole Vault - Southeast End
Boys High Jump - South End
Girls Shot Put - Practice Field
Boys Discus - Practice Field
Girls Long Jump - Southeast End
Boys Triple Jump - Southeast End

RUNNING EVENT TIME SCHEDULE: Begin at 4:00 pm

All events will be timed finals. Girls will run each race first, followed by boys. We will use a rolling schedule and competitors need to listen to the PA system for 1st, 2nd and final calls.

	EVENT
4:00 pm	3200M Run
4:30 pm	100/110M Hurdles
	3200M Relay
	100M Dash
	1600M Run
	400M Relay
	400M Dash
	300M Hurdles
	800M Run
	200M Dash
	1600M Relay

This is a WHSAA sanctioned meet for state qualifying. Please be sure to check with Pete Hawkins, Meet Director, before you leave the meet to make sure your athletes who might have made a qualifying time, distance, or height are on the official track qualifying standard report form.