

Casper City Meet

Tuesday, April 29th 2008

Casper, WY

Kelly Walsh High School

Hosted by: Centennial, CY, Dean Morgan Junior Highs, and Frontier Middle School

Schedule of Events

3:00 pm

Coaches Meeting/Scratches

NO ADDS WILL BE ALLOWED. YOU MUST REGISTER YOUR ENTRIES BY RUNNERCARD BY MONDAY, APRIL 28th 6PM.

3:30 pm

Field Events Begin

Order of Field Events:

Girls and Boys Pole Vault

Girls Discus, Boys Shot

Girls Long Jump, Boys Triple Jump

Boys Discus, Girls Shot

Boys Long Jump, Girls Triple Jump

Girls High Jump

Boys High Jump

3:30 pm

Running Events Begin

All races start as follows:

6&7th Girls, 8th Girls, 6&7th Boys, 8th Boys

Order of Events:

1600m Run

4x100 m Relay

400m

100m Low Hurdles

800m

200m Low Hurdles

4x400m Relay

200m

100m

Limit each participant 3 events and 1 relay. Limit 6 entries per school per event.

Results will be posted online on www.runnercard.com at the end of the meet.

Only 1/8" spikes are allowed on track and runways.

All participants must compete in a school uniform.

Schools must furnish their own batons and throwing implements.

Pre-race instructions will be given by the Starter and/or Clerk of Course.