



**Evanston High School**

701 West Cheyenne Drive

Evanston, WY. 82930

307-789-0757

## 2021 Evanston/Davis Middle School Track Meet

Friday April 30th, 2021

Welcome to the Evanston Middle School track meet. Entries for your athletes should be completed on RunnerCard by 8:00 pm Thursday April 29th. To keep the meet competitive, please provide seed times/scores for your top athletes so we can put them into the appropriate heats/flights.

1. There will be a coaches meeting at 9:30am held in the shed at the starting line.
2. Running event scratch/add will be completed from 8:30 to 9:30 am in the stadium press box. Field events can be scratched at the event.
3. Busses can load/unload and park in the North parking lot closest to the track.
4. Locker rooms are available in the high school. Each school will be responsible for their own valuables.
5. Throwing implements will be provided for the athletes to use at each ring.
6. 3/16 spikes are allowed.
7. **No team camps allowed on the infield.** Team camps will be located in the stands attached to the press box. All teams are responsible to clean up their area at the completion of the meet. Trash bags will be available. Please try to keep athletes away from the events when not competing.
8. All races will be timed finals, see order of events.
9. **Throws:** Each throwing event will be 3 throws per athlete with no finals. Athletes will throw all 3 throws at once and will score the farthest. The shot put and discus will be open pit for approximately 2 hours. Athletes are responsible to complete their throws in the allotted time or will be scratched.
10. **Horizontal Jumps:** Each participant will be allowed 3 jumps with no finals. The jumping pits will be open-pit for approximately 2 hours. Athletes are responsible to complete their jumps in the allotted time or will be scratched. **We will limit 6 entries per team and use minimum marks to be able to finish the jumps quicker for the horizontal jumps only.** We will give a courtesy mark on their last attempt.  
7th girls LJ 12', TJ 25'6"      8th girls LJ 13', TJ 26'6"      7th boys LJ 14', TJ 28'6"  
8th boys LJ 15', TJ 30'0"

**11. Vertical Jumps:** Starting heights will be:

- 3'-8" 7th grade girls
- 4'-0" 8th grade girls
- 4'4" 7th grade boys
- 4'-8" 8th grade boys

Athletes will be given 30 minutes to clear the opening height and that will get them on the list, then the event will be run as normal. We will have two pits.

12. Concessions will be available.



**Evanston High School**

701 West Cheyenne Drive

Evanston, WY. 82930

307-789-0757

## Schedule of Events

**\*TIMES ARE ESTIMATES\* Meet will move forward as heats allow.**

8:30 - 9:30 AM Scratch/Add Meeting located in the stadium press box.

9:30 AM Coaches Meeting at the shed by the starting line.

**10:00 AM All field events.**

**11:30 AM 1600 Meter Run (Girls/Boys)**

Rolling Schedule 100 Meter Hurdles (Girls 30", Boys 33")

TBA 100 Meter Dash (Girls/Boys)

TBA 400 Meter Dash (Girls/Boys)

TBA 400 Meter Relay (Girls/Boys)

TBA 200 Meter Hurdles (Girls/Boys)

TBA 200 Meter Dash (Girls/Boys)

TBA 800 Meter Run (Girls/Boys)

TBA 800 Meter Relay (Girls/Boys)

TBA 1600 Meter Relay (Girls/Boys)

**ALL TIMES ARE ESTIMATES AND WILL BE ADJUSTED AS THE MEET PROGRESSES!**

**Field Events will run as follows: Starting at 10:00am**

- **Top Pit:** 7th boys long jump. 7th boys triple jump will follow. Then 8th grade boys triple jump will follow.
- **South Pit:** 7th girls triple jump. 8th grade girls triple jump will follow.
- **North Pit:** 8th girls long jump. 8th grade boys follow, then 7th girls long jump follows
- **High Jump Pit1:** 8th grade boys, 7th grade boys
- **High Jump Pit2:** 8th grade girls, 7th grade girls
- **Discus:** 8th boys in the big ring, 8th girls in the small ring. 7th grade discus after.
- **Shot Put:** 7th boys in ring #1, 7th girls in ring #2. 8th grade shot put after.

**Evanston High School will provide student workers for the field events, but each school will be responsible to provide one coach as the event judge. Event assignments will be given at the time of the coaches meeting.**