

## 2016 3A East Regional Track Meet

May 13-14, 2016

Buffalo, WY

**Buffalo High School is happy to host the 3A East Regional Track Meet. Please refer to the WHSAA Track and Field Regulations on pages 70-72 in the handbook.**

**Entries:** Entries will be taken via [www.runnercard.com](http://www.runnercard.com). Please be sure to list last names, first names, and grade level for each contestant. If using hand held times for seeding purposes, please round all times of 1/100<sup>th</sup> of a second up to the next tenth and then add 0.24 to make them equivalent to the FAT times. **Entries are due on runnercard.com on or before Wednesday, May 11<sup>th</sup> by 8:00 p.m.**

Please use the following team abbreviations when entering your team:

Buffalo - BUF  
Douglas - DOU  
Glenrock - GLE  
Newcastle - NEW

Rawlins - RAW  
Torrington - TOR  
Wheatland - WHE  
Worland - WOR

**Number of Entries:** Entries are restricted to 4 entries per team for individual events with 1 relay team per event. Please email a list of all pre-qualifiers for your team to Pete Hawkins at [phawkins@jcsd1.us](mailto:phawkins@jcsd1.us). Do not use a "q" or an asterisk by a pre-qualifier when listing your entries on runnercard.com.

**Entry Specifics for Pre-Qualifiers:** Some schools may have qualified more athletes for the State Meet than they are allowed to enter at the Regional Meet. You can only exceed the entry limitations if **ALL** of your entries in that event exceed the qualifying standard. **Please check this before the meet!**

These contestants must be on the entry even if they will not be competing at the Regional Meet. In order to compete at the State Meet, they must be entered in the Regional Meet. Even though they may not compete in the Regional Meet, it will count as one of their allowable events. No changes may be made at the State Meet once an athlete has been entered and verified at the Regional coaches meeting. **Please email a list of all pre-qualifiers for your team to Pete Hawkins at [phawkins@jcsd1.us](mailto:phawkins@jcsd1.us).**

**Event Schedule:** The event schedule is attached. Events will not begin prior to the established timeline on the meet schedule. Please make sure athletes are listening for events being called.

**Replacements:** During the coaches meeting, a coach may replace one of his/her athletes with another of his/her athletes; however, additions to the original entries may not be made.

**State Qualifying and Awards:** The top eight place winners in each individual event and the top 4 relay teams will advance to the State Meet. The top 8 place winners from each event, including relays receive medal awards provided by the WHSAA. Award presentations for all events will follow closely after the posting of each event. Please have your athletes report to the awards area in the center of the football field to receive their medal.

**Team Awards:** Plates for your school's regional plaques will be given for the top three teams. These plates will be awarded at the completion of the meet.

**Track timing:** All running events will be timed using a FAT timing system.

**Heat Finals:** The first place finisher from each heat and the next fastest times (regardless of heat) to fill a field of eight will qualify for the finals. In the field events, a field of 9 will qualify for the finals.

**Staging of Events:** Please have your athletes report to the following areas for the staging of their heats/flights:

Shot Put:	Shot Put Ring – west of the pressbox
Discus:	Discus Ring – west of the pressbox
Boys/Girls Long Jump	southwest corner of the stadium
Boys/Girls Triple Jump	southwest corner of the stadium
High Jump	Pit at the south end of track
Pole Vault	southwest corner of the stadium
Running events	Staging areas at NW and SW areas of track

Please have your athletes report to the Clerk of Course when their event is called. Once your athletes have reported, please have them stay in the vicinity of the staging area. The Clerk of Course will send the heat to the starting line at the appropriate time.

**Pole Vault:** All pole vaulters must be weighed-in and have their poles checked before the start of their competition. Coaches must verify per rule 7.5.3 Pole vault participants, dressed in their competition uniform, will be weighed in the track shed at the northwest end of the track. This will take place 1 hour before the start of the pole vault competition. Please listen for the announcement for weigh-ins. Vaulters are to report to their weigh-in with their competition poles. Discovery of an illegal pole as outlined in rule 7.5.4 during warm-up or competition will result in disqualification from the event.

**Throwing events:** Athletes may use their own discus and/or shot put per rule 6.4.1 and rule 6.5.1, but each must be weighed-in and appropriately marked by the meet officials. These weigh-ins will take place in the morning of the event before competition begins in the track shed at the northwest end of the track. Please double check that your athlete is dressed in a legal uniform.

**Spikes:** 1/8" or less pyramid spikes are the only type of spikes allowed on the track.

**Jewelry:** According to rules 4-3-3 and 9-6-3, the prohibition of wearing jewelry has been removed from the track rules. The Clerk of the Course has the authority to ask competitors to remove jewelry that may cause injury or impede the competition. The wearing of a medical alert with the alert visible is encouraged for risk minimization. Watches are allowed if worn around the wrist. GPS watches will not be allowed. Hats, headbands (greater than ¼”), and sunglasses are not allowed during competition.

**Coaches:** Make sure you review all uniform expectations and rules with your team as outlined in rule 4-3. As per rule 4-3-3, removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by meet officials, shall lead to a warning and if repeated, disqualification from the event. For the Regional Meet, the competition area shall be anywhere on the track, the infield, the grass area around the jumping pits, or in the areas of both throwing rings.

**Team Camps:** Team camps may be set up in the SW corner of the track. Team camps will **NOT** be allowed on the football field. Locker rooms will be available in the high school. Restrooms are located on the east side of the track shed. Coaches are asked to supervise and monitor the team camp areas and we ask that teams do not bring balls or other throwing toys that could cause injuries to the team camp area.

**Admission:** The WHSAA has set ticket prices at \$5 per day for adults and \$3 per day for students.

**Hospitality room:** There will be a hospitality room for all coaches, meet workers, school administrators, and bus drivers in the track shed.

**Bus parking:** Bus parking will be on the east side of the stadium. There is also a parking lot below the north side of the high school.

**Concessions:** The concession stand will be open for the duration of the meet.

**Certified Athletic Trainers:** Certified Athletic Trainers will be available throughout the meet. Please supply your own supplies (i.e. tape, elastic wraps, etc.).

The Buffalo High School Staff looks forward to hosting your schools in our community. If you have any questions, please contact Pete Hawkins at the high school – 307-763-6291.

Pete Hawkins  
Asst. Principal/AD

Chad Bourgeois  
Principal

Ryan Mader  
Head Track Coach

# 3A East Regional Track and Field Meet Buffalo, WY

## Friday, May 13<sup>th</sup> Schedule

Noon	Coaches Meeting – Track Shed (Reminder: only scratch and replace, no adds)
	Pole Vault weigh-ins – Track Shed Throwing implement weigh-ins – Track Shed
1 p.m.	Boys Long Jump – Girls Triple Jump Girls Discus – Boys Discus Girls High Jump Girls Pole Vault – Boys Pole Vault

**Awards for Field Events will occur immediately following the event.**

2:30 p.m.	800 M Run 800 M Run	Girls Boys	Finals Finals
3:15 p.m.	100 M Hurdles	Girls	Prelims
3:30 p.m.	110 M Hurdles	Boys	Prelims
4:15 p.m.	100 M Dash 100 M Dash	Girls Boys	Prelims Prelims
4:35 p.m.	300 M Hurdles 300 M Hurdles	Girls Boys	Prelims Prelims
4:55 p.m.	200 M Dash 200 M Dash	Girls Boys	Prelims Prelims
5:15 p.m.	3200 M Run 3200 M Run	Girls Boys	Finals Finals
5:50 p.m.	400 M Relay 400 M Relay	Girls Boys	Finals Finals
6:00 p.m.	400 M Dash 400 M Dash	Girls Boys	Prelims Prelims

# 3A East Regional Track and Field Meet Buffalo, WY

## Saturday, May 14<sup>th</sup> Schedule

8:30 a.m. Coaches Meeting – Track Shed  
(Reminder: only scratch and replace, no adds)

Throwing implement weigh-ins – Track Shed

9:30 a.m. Girls Long Jump – Boys Triple Jump  
Girls Shot Put – Boys Shot Put  
Boys High Jump

**Awards for Field Events will occur immediately following the event.**

11:00 a.m.	3200 M Relay	Girls	Finals
	3200 M Relay	Boys	Finals
11:45 a.m.	100 M Hurdles	Girls	Finals
12:00 p.m.	110 M Hurdles	Boys	Finals
12:30 p.m.	100 M Dash	Girls	Finals
	100 M Dash	Boys	Finals
1:05 p.m.	400 M Dash	Girls	Finals
	400 M Dash	Boys	Finals
1:35 p.m.	1600 M Run	Girls	Finals
	1600 M Run	Boys	Finals
2:15 p.m.	300 M Hurdles	Girls	Finals
	300 M Hurdles	Boys	Finals
2:45 p.m.	200 M Dash	Girls	Finals
	200 M Dash	Boys	Finals
3:15 p.m.	1600 M Relay	Girls	Finals
	1600 M Relay	Boys	Finals