

Buffalo Twilight Track & Field Meet  
Buffalo High School  
Thursday, April 27<sup>th</sup>, 2017

**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 2017 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 26<sup>th</sup> 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 weigh in at the shed at the northwest corner of the stadium.
  - Boys Division Starting Height- 8'3"
  - Girls Division Starting Height - 5'9"
- H. High Jump
  - Boys Division Starting Height- 5'0"
  - Girls Division Starting Height- 4'1"

**FIELD EVENT SCHEDULE:**

<b>These events begin at 3:00 pm:</b>	<b>These events follow immediately:</b>
Girls Pole Vault - Southeast End	Boys Pole Vault - Southeast End
Girls High Jump - South End	Boys High Jump - South End
Boys Shot Put - Practice Field	Girls Shot Put - Practice Field
Girls Discus - Practice Field	Boys Discus - Practice Field
Boys Long Jump - Southeast End	Boys Triple Jump - Southeast End
Girls Long Jump - Southeast End	Girls 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 1<sup>st</sup>, 2<sup>nd</sup> and final calls.

	<b>EVENT</b>
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.