Natrona County High School – MAC

* 1. Throwers will be placed in flights. Each thrower will complete 3 throws (2-1) with the top 9 throwers advancing to the finals. Throwers in the finals will complete 3 throws (1-1-1). **Due to COVID, during competition all throwers will use shots provided to them that will be sanitized after each use. They should bring their own shots for warm-ups.**
  2. Triple jump and long jump competitors will receive three (3) attempts, with the top nine (9) competitors advancing to the finals.

C. Pole Vault – 5 Alive

Girls Starting Height (6’ 00”)

Boys Starting Time – 45 minutes after the girls division

Starting Height – (9’ 00”)

D. High Jump – 5 Alive – Starting Heights Boys (5’ 00”) Girls (4’ 2”)

For reasons surrounding sanitization, we ask schools and athletes to consider high jumping and pole vaulting in leggings and long-sleeved tights to avoid skin contact on mats as much as possible since those are more difficult to sanitize. **We also ask that all field events except for the shot put compete with masks on.** There will be hand sanitizer available at each field event.

## FIELD EVENT SCHEDULE:

These events begin at 9:30am These events follow immediately:

Girls Long Jump Boys Long Jump

Boys Triple Jump Girls Triple Jump

Girls High Jump Boys High Jump

Girls Shot Put Boys Shot Put

Boys Pole Vault Girls Pole Vault

**Due to the limited number of people allowed in our facility, each visiting school will only be allowed to bring TWO coaches.** If a school wishes to bring more than two coaches, they can do so, but they will need to substitute a coach for a participant. Please let me know if you plan on bringing more than two coaches.

Each school will be in charge of running a field event. **This includes recruiting some of your athletes where necessary to help.** The assignments are as follows and can be changed if coaches would like to work something about between them:

Riverton – Triple jump

Kelly Walsh – Pole vault

Natrona – Shot put

Rock Springs – Long jump

Mountain View – High jump

## RUNNING EVENT SCHEDULE (ROLLING SCHEDULE STARTING AT 10:30):

There will be hand sanitizer at the starting line. Please use that before adjusting your blocks. Also, athletes must find a way to carry their mask with them while they run so that they have it at the finish line.

Girls will run each race first, followed by boys. This is a rolling schedule and competitors need to listen to the PA system for 1st, 2nd and final calls.

EVENT

4 X 800m Relay Finals

55 Hurdle Prelims

55m Prelims

SprintMedley Relay Finals

1600m Finals

55 Hurdle Finals

55m Finals

4 X 200m Relay Finals

400m Finals

800m Finals

200m Finals

3200m Finals

4 X 400m Relay Finals

The following teams will be participating in the meet:

Natrona County

Kelly Walsh

Rock Springs

Riverton

Mountain View

Due to the way the numbers worked out per gender, all boys are allowed to participate this week but not all of the girls. Each team will be allowed the following number of participants (number based on percentage of the total allowed in the MAC – 220 total participants for this meet):

Natrona County

Boys: 30

Girls: 39

Kelly Walsh

Boys: 30

Girls: 33

Rock Springs

Boys: 26

Girls: 19

Riverton

Boys: 12

Girls: 11

Mountain View

Boys: 10

Girls: 10

***Entries can be completed on RunnerCard.***

***The meet is named Natrona County Indoor Invitational***

There are five sets of bleachers that will be pulled out along the East wall of the MAC. Since there are no spectators allowed, those bleachers will serve as team camp areas. Also, please keep in mind the **group of 12 rule** set by the state health department. **When you get your athletes in their team camp,** **please arrange them in a manner that will allow social distancing between groups of no more than 12 athletes**.

Once all teams have arrived, the outside doors to the MAC will be locked in order to maintain strict adherence to numbers.

*To help offset the costs of hosting four indoor track meets in our facility this year, there is a $125 fee for each visiting school. Thank you and we look forward to having you here.*