



**Kelly Walsh Invitational
Kelly Walsh High School
Casper, WY
April 27, 2013**



Bus Parking: Please
the north or south side
along 8th Street.

park in the lots on
of the school or

Sanction: This is a WHSAA state qualifying meet. There will be qualifying report forms available in the press box. This is a single classification meet.

Check-In and Scratches: Please make try to make scratches in the press box upon arrival at the meet. Please, no additions. Packets will be available in press box.

Warm-Up: The track will be available for warm-up.

Awards and Entry Fees: Entry Fee is \$70 per team (\$140 Boys and Girls team). Medals will be awarded for the top 3 places

Entries:

1. Number of entrants is limited to 4 per event
2. Individuals are limited to 4 events
3. The NFSHSA Rule book will be followed

Please place entries on Runnercard.com

Please have entries in by 6:00 A.M. on Friday April 26th

Seeding: Athletes will be seeded according to entry information provided by coaches.

Report times: Any athlete not reporting by final call will be scratched from the event. Make sure athletes check out with field event official if leaving for a running event.

Finals: Prelims will be run in the 100/110 hurdles, 100 meters, and 200 meters with the top 8 advancing to the finals. All other races will be finals against time. Field events will receive 3 throws in the shot and discus and 3 jumps in the long jump and triple with the top 9 and ties advancing to the finals where they will receive 3 additional throws/jumps. High jump and pole vault will follow the five alive format.

Spikes: 1/8" pyramid spikes only

Alley Starts: Races of 800 meters or longer will begin in alleys with a one turn stagger

4x800 Relay: One (1) turn stagger with alley start if more than 8 teams

4x100 Relay: Two (2) turn stagger with runners in lanes the entire race

4x400 Relay: Three (3) turn stagger

Starting blocks: Provided

Ti ll be FAT Finish Lynx system



**Kelly Walsh Invitational
Track & Field Meet**



Field Events:

**9:00 A.M. Women's (east side) and Men's Long Jump (west side)
Women's (east side) and Men's Triple Jump (west side)
after break
Women's Pole Vault (Men's to follow after break)
Men's High Jump (Women's will follow after break)
Women's Discus (Women's shot put will follow after break)
Men's Shot Put (Men's discus will follow after break)**

Running Events: This will be a rolling schedule with one event to follow another. Please listen for calls. (Women's running events will precede Men's running events on the track)

9:15 A.M. 4x800 Relay (Finals)

**9:45 A.M. Women's 100 Meter Intermediate Hurdles (Prelims)
Men's 110 Meter High Hurdles (Prelims)
100 Meters (Prelims)
200 Meters (Prelims)**

45 minute break to feed workers, officials, and coaches

**Women's 100 Meter Intermediate Hurdles (Finals)
Men's 110 Meter High Hurdles (Finals)
100 Meters (Finals)
1600 Meters
4x100 Relay
400 Meters
Women's 300 Meter Low Hurdles
Men's 300 Meter Intermediate Hurdles
800 Meters
200 Meters (Finals)
3200 Meters
4x400 Meter Relay**