



2019 Okie Blanchard Invite Track Meet



***Monday, April 15, 2019
Hosted By: Cheyenne East***

- Date & Site:*** Monday, April 15, 2019 – East High School
Start Time: 10:45 a.m.
This will be a Wyoming state sanctioned qualifying track meet.
- Meet Director:*** Jerry Schlabs – East High Athletic Director
307-771-2663 or 307-286-1663
- Participation Rules:*** There will be Varsity and Junior Varsity divisions for both boys and girls. Only four entries from each school per event in the varsity division. Jr. Varsity divisions will be unlimited. Participants may not switch between varsity and jr. varsity divisions.
- Scoring:*** Team scores will be kept for both Varsity and Jr. Varsity divisions.
- Timing:*** FAT – LYNX timing system.
- Awards:*** Medals will be awarded for first, second, and third places in the varsity divisions and ribbons will be awarded for first, second, and third positions in the junior varsity division. They will be placed in team envelopes and may be picked up at the press box after the meet.
- Entry Fee:*** \$150.00 for each boys team and \$150.00 for each girls team. Please make purchase orders or vouchers out to Cheyenne East High School “E” Club.
- Concessions:*** Will be available.
- Hospitality Room:*** Will be available to all coaches, bus drivers, and meet personnel throughout the meet.
- Locker Rooms:*** Will be available at East High School. You must supply your own towels.
- Shot and Discus:*** Each team will be allowed to use their own shot and discus provided that (1) all shot and discs are weighed in and (2) all shots and discs that meet weight specifications remain at the rings for all schools to use.

- Pole Vault:*** Coaches must fill out weight verification cards for all pole vaulters.
- Spikes:*** Only 1/8" spikes will be allowed on the track or runway surfaces. Any participant found wearing longer spikes will be disqualified.
- Coaches Protocol:*** Coaches will be allowed on the field to coach their athletes provided they do not interfere with the administration of the meet.
- Team Packets:*** Will be available in the hospitality room.
- Entries:*** Entries will need to be input via "Runner's Card" by 4:00 p.m. on Sunday, April 14, 2019.

Schedule of Events

10:15 a.m.

Weigh-ins

1. Weigh-ins for shots, discs.
2. Coaches fill out pole vault weight verification cards.

Field Events

10:45 a.m.

10:45 a.m.

1. Girls and boys pole vault run together.
2. Boys discus followed by girls discus.
3. Boys triple jump followed by girls triple jump.
4. Girls high jump followed by boys high jump.
5. Girls shot put followed by boys shot put.
6. Girls long jump followed by boys long jump.

Track Events

Order of races will be:

1. Girls JV
2. Girls Varsity
3. Boys JV
4. Boys Varsity

11:00 -

1600 Medley Relay
3200 M Relay – 1 heat girls, 1 heat boys
100 M girls intermediate hurdles
110 M boys high hurdles
100 M Dash
1600 M Run
400 M Relay
400 M Dash
300 M girls low hurdles
300 M boys intermediate Hurdles
800 M Run
200 M Dash
3200 M Run
1600 M Relay