

**FORT WASHAKIE INVITATIONAL TRACK MEET**  
**Thursday, April 18, 2019**

Dear Coaches:

The Fort Washakie Invitational Track Meet will be held on Thursday, April 18, 2019, at Fort Washakie School. Coaches be prepared to work field events. Field events will start at 9:30 a.m., and running events will start at 11 a.m.

**Schools Invited**

Fort Washakie	Wyoming Indian	Arapahoe	Dubois
St. Stephens	Trinity Lutheran	Shoshoni	

**Entries**

Entries must be entered on Runnercard.com. The meet is listed as Fort Washakie Youth Invitational 2019 and Fort Washakie Junior High Invitational 2019.

**PLEASE PAY CLOSE ATTENTION ON HOW TO ENTER RUNNERS FOR THE FOLLOWING RACES:**

Failure to follow instructions may result in your athlete being heated improperly.

**Enter your top five runners for the 100M dash, 55H, and 100H as 15.00, 16.00, 17.00, 18.00, 19.00. Enter the remaining runners at 20.00.**

**Enter your top five runners for the, 200M dash and 200H as 30.00, 31.00, 32.00, 33.00, 34.00. Enter the remaining runners at 35.00.**

**Enter your top five runners for the 400M dash as 1:00, 1:05, 1:10, 1:15, 1:20. Enter remaining runners at 1:25.**

**Enter relays as A, B, C, D**

All running events will be run as finals.

**Entry Limit**

Participants may enter a total of five (5) events. This includes at least one relay. A runner may run in no more than three (3) events over 400 meters, including relays.

**WE ONLY HAVE ONE DISCUS AREA AND ON SHOT AREA, THEREFORE ENTRIES WILL BE LIMITED TO 5 FROM EACH SCHOOL FOR EACH DIVISION**

**Deadlines**

Runnercard entries will shut down Wednesday afternoon. **After that no entries will be allowed.**

**Thursday morning will be a SCRATCH ONLY meeting at 9 am.**

**Scoring**

The **YOUTH** division will be for the 5<sup>th</sup> and 6<sup>th</sup> grade boys and girls.

The **JUNIOR HIGH** division will be for the 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls.

Medals will be given for 1<sup>st</sup> place finishers in each event. Ribbons will be given for 2<sup>nd</sup> through 6<sup>th</sup> places.

Scoring will be 10, 8, 6, 5, 4, 3, 2, 1 point(s) for respective places.

Team plaques will be given for 1<sup>st</sup> place in each division. A plaque for high point individuals will be given to the top boy and girl in each division.

**High Jump starting heights**

Youth Girls 3'2"

Junior High Girls 3'8"

Youth Boys 3'6"

Junior High Boys 4'2"

**Shot Put**

Youth will throw a 6 lb. shot, Junior High will throw an 8 lb. shot.

**Hurdles**

In the 55 meter hurdles both Youth girls and boys will run on 30" hurdles. Hurdles will be placed on the green marks. (5 flights)

In the 100 meter hurdles, the Junior High girls will run on 30" hurdles, and the Junior High boys will run on 33" hurdles. Hurdles will be placed on the yellow marks. (10 flights)

In the 200 meter hurdles, both boys and girls will run over 30" hurdles. These hurdles will be placed on the white marks. (6 flights)

**Misc**

Rest rooms will be available during the track meet. Locker rooms will not be available. Please have your teams keep their camp areas clean.

Lunch will be provided for coaches, meet workers, and bus drivers

Thanks,

Michelle Ferris  
Athletic Director