Laramie- Cheyenne Quadrangular Indoor Meet

Jan 28th- UWYO, Start time 9 AM.

Entries : We are using RUNNERCARD.COM. Go to this site and register your team and enter your athletes for each team. You will be allowed to enter athletes until 11:00 AM, Friday, January 27th. **If you have any questions about using this site please call Bruce 307-721-4427. There will be a maximum entry of 4 events for each athlete.**

Weigh – Ins: 1 hour before the start of the meet. (8:00 AM at the field house announcers stand).

Entry Fee: None.

Coaches/Scratch Meeting: Coaches can make scratches at the scorer’s table up until 9:30 AM. Substitutions are allowed. No additions. Field event scratches at event time.

Hospitality Room: None.

Team Scoring: 10-8-6-5-4-3-2-1

Spikes: ONLY 3’/16” spikes are allowed; they will be inspected. Spikes only in competition areas, please do not wear spikes to restrooms, balconies etc.

Only athletes competing will be allowed on the floor. Athletes not competing and parents are to be in balcony due to limited space and safety concerns.

Indoor track facility consists of a six-lane, 42 inch wide (per lane) straightway, with four circular lanes for longer events (160 meters).

Team camps: will be located in the east and west stands of the field house. Access is provided by the stairways in both the northwest and southwest corners. Please, police your area at the end of the meet.

Timing system will be Finish Lynx.

Results will be available after completion of meet. Heat results will be posted in the hallway. All results will also be posted on Runner Card after the meet.

Heats will be seeded by time. Please enter athletes with accurate times so they are placed in appropriate heats.

Trainers will be available: water and ice will be available if needed. Teams please bring your own training supplies.

Parking: Parents and buses may drop athletes off at the Fieldhouse and park at the summit lot (22nd and Willet.)

PARENTS AND BUS DRIVERS PLEASE BE AWARE PARKING OUTSIDE THE DESIGNATED AREA WILL

RESULT IN PARKING TICKETS. Parents can also park across Grand Ave. on the south side.

Schedule of Events

**Laramie- Cheyenne Quad**

**University of Wyoming Field house**

**Saturday, January 28, 2017**

Field Events

9:00 AM

* High Jump – Starts at 4’2” (Girls) and 5’2” (Boys) Laramie will run event
* Pole Vault – Starts at 7’ (Girls) and 8’ (Boys) East will run event
* Long Jump (Boys First) – 4 Jumps – No Finals. First jump to be measured if

legal then any legal jumps past 14’ first jump (Girls), 17’ (Boys). Central will run event

* Shot Put, (Boys First) – 4 throws, first throw to be measured if legal, then any legal throw past (25’ line girls) (35’ boys) to be measure. Laramie will run event

* Triple Jump (to follow long jump – girls 1st - line at 25’, boys line at 30’, 4jumps – No Finals –First jump will be measured if legal jump and any legal jump over the 25’ (girls) 30’ (boys) South will run event

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| Running Events (Girls 1st, Boys 2nd) |  |

9:00 AM

* 4x200m Relay-------------------------Finals-Heats against time
* 1600m Run-----------------------------Finals-Heats against time
* 55m Hurdles----------------------------Finals-Heats against time
* 55m Dash-------------------------------Finals-Heats against time
* 400m Dash-----------------------------Finals-Heats against time
* 800m Run------------------------------Finals-Heats against time
* 200m Dash-----------------------------Finals-Heats against time
* 4x400m Relay------------------------Finals-Heats against time

We **will not** be running the 3200m run or the 4x800 meter relay at this meet. We will need to be out of the Fieldhouse by 1 pm.