

Wyoming High School Open-January 25, 2019

****This indoor track meet is open to Wyoming High Schools that have a program as sanctioned with the WHSAA. No unattached athletes from in state or out of state will be allowed to compete in the meet.****

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. All heating times sent in must have been run during this year’s indoor season, or athlete will be seated as a “no times”. Coaches need to be able to verify these times, if there is a challenge.

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.

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Schedule of Events

Field Events

9:00 AM-

- Long Jump (Boys First) – 4 Jumps – No Finals. First jump to be measured if legal then any legal jumps past 14' first jump (Girls), 18' (Boys).
 - Traveling teams.... if your team is coming from a longer distance, i.e. Gillette we will place your athletes in a later flight so delay in arriving to the meet will not be an issue.
- Weight Throw, 3 throws No Finals

10:00 AM

- High Jump – Starts at 4' (Girls) and 5' (Boys)
- Pole Vault – Starts at 6' (Girls) and 7' (Boys)
- Shot Put, (Boys First) – 4 throws – (2-2) – No Finals, first throw to be measured if legal, then any legal throw past (20' line girls) (30' boys) to be measure. Top 9 to finals; 8 place
- Triple Jump (to follow long jump – girls 1st- line at 25', boys line at 30', 4 jumps – No Finals –First jump will be measured if legal jump and any legal jump over the 25' (girls) 30' (boys)

Running Events (Girls 1st, Boys 2nd)

10:00 AM	4X 800 M Relay	Finals
	4 X 200 M Relay	Finals – Heats against time
11:00 AM	55 Hurdles	Finals – Heats against time
	55 M Dash	Finals – Heats against time
	SMR-200m-200m-400m-800m	
	1600 M Run	Finals – Fastest 12 seeds in heat
	400 M Dash	Finals – Heats against time
	800 M Dash	Finals – Heats against time
	200 M Dash	Finals – Heats against time
	4X400 M Relay	Finals – Heats against time

We **will not** be running the 3200m run at this meet.