

**Laramie and Cheyenne South Dual**

**MEET DATE:** Monday, April 26, 2021

**SITE:** All events will be held at Laramie High School, 1710 Boulder Dr. Laramie WY 82070. Throwing areas are just north of the track area.

**SCHOOLS** Laramie and Cheyenne South

 **START TIME** Field events will begin at 2:00 pm. Running events will start at 3:00pm.

**ENTRIES** Entries are due by 12:00 pm MST on Monday, April 26, 2021. Unlimited entries

 per event but a maximum of 4 events per athlete. Register athletes at

Runnercard.com

**NO ENTRY FEE REQUIRED**

**TEAM CAMPS** Please keep team camps in either of the stands or outside the center field.  No

          food or drinks inside the track area please.

**NO FINALS/Timing**         The meet will be timed with FAT timing and is a sanctioned qualifying meet by the WHSAA.

**AWARDS**: No medals will be awarded at this meet

**STARTER** John Binning

**MEET OFFICIALS** Jeff Lewis, Ernie Mecca

**CLERK** Greg Schabron

**Order of events**

* 2:00pm Field Events
	+ Girl’s high jump followed by boys
	+ Boy’s long jump followed by girls (4 jumps, no finals)
	+ Boy’s triple jump followed by girls (4 jumps, no finals)
	+ Boy’s discus followed by girls (4 throws, no finals)
	+ Girl’s shot followed by boys (4 throws, no finals)
	+ Pole Vault (girls then boys)-may be run together

* 3:00pm Running events-girls races first, boys to follow  (Start times are approximate, all races are finals)
	+ 3:00pm Sprint Medley relay (200-200-400-800)
	+ 3:10pm 4x800m relay
	+ 3:20pm 110/100m Hurdles
	+ 3:30pm 100m
	+ 3:50pm 1600m
	+ 4:15pm Senior Recognition
	+ 4:40pm 4x100m relay
	+ 4:50pm 400m
	+ 5:05pm 300m hurdles
	+ 5:15pm 800m
	+ 5:30pm 200m
	+ 5:50pm 3200m run (or if no athletes register a 20min break before 4x400m)
	+ 6:10pm 4x400m relay