

2019 Bill Gerrard Memorial Track Meet
Saturday, March 30th, 2019
Greybull, WY

INSTRUCTIONS TO COACHES:

Entries Coaches to submit your entries for the 2019 Bill Gerrard Memorial Track Meet please follow the following instructions:

1. Go to <http://runnercard.com>
2. Click on the **Create Account** Link (Right Side)
3. Click on the **Go** Button next to the **High School** meets link
4. Give yourself a username and password (Be sure to write this down)
5. Fill out all the information, make sure your e-mail is correct
6. Click **next**
7. **This is a password protected meet. Please contact Nolan Tracy to get the password. ntracy@bgh3.k12.wy.us or 307-765-2537 ext. 106**
8. Click on **Start Registration**
9. Click **next** to create your team
10. Put in your Team Name and Team Abbreviation and click **next**
11. Click **next**
12. Enter your team athletes
13. All you need is first name, last name and grade of athlete
 - a. You have to click **save** after every athlete not "next", "next" will not save
14. When you have your roster in...Select the **Meet Sign Up** link
15. Find the meet you want to attend "2019 Bill Gerrard Memorial Track Meet" and click the **Sign-up** link
15. When you get to the "Meet Info." Screen click **Next**
16. You can sign-up your athletes by name or event
17. **Be sure you format your entries correctly**
Accurate entry times and distances will help to eliminate time consuming entry corrections.

Coaches / AD's if you would like to attend this meet please email ntracy@bgh3.k12.wy.us for the password that allows you entry into the Bill Gerrard Memorial Track Meet.

Entries into this meet will close at 6:00 p.m. Friday, March 29th, 2019.

Scratch Meeting The scratch meeting will be held in the Greybull High School Library beginning at 8:30 a.m. Coaches you may scratch and replace but you may not add to events. **Coaches, please be aware of the number of individual entries per athlete when making your changes.**

Number of Events

Athletes may compete in four (4) total events. Unlimited entries per event.

Track Surface

Track and runway surfaces are latex rubber. **One-eighth inch spikes are required** on these surfaces for meet competition. Please have your athletes remove their spikes when inside school facilities.

Fees

Entry fee is \$40.00 per team or \$80.00 per school, for both boys and girls. (Please send vouchers made payable to Greybull High School in advance or bring to scratch meeting.)

Dressing Rooms

Locker rooms and bathroom facilities for both boys and girls will be available in the Buffalo Gym. Please have your athletes enter the locker rooms from the West side of the gymnasium. Locker rooms **will not** be locked. Please have your athletes leave any valuables on the team bus. **Towels will not be furnished.**

Starting Blocks

Starting blocks will be provided. (Blazer Blocks)

Field Events

Flights will be seeded by lowest to highest mark. Competitors will be given Four (4) throws/jumps all marks are considered finals. **There will be no final flights.** In the shot put and discus, competitors will be given two consecutive throws with the best of the two measured and then a fourth throw for measure in turn within the flight. Markers will not be allowed on the runways. Markers may be placed in the grass alongside runways.

Discus and Shot Put weigh-in, will take place in the track shed by the start of the 100m straight. Discus and Shot Put pads are concrete.

POLE VAULT COMPETITION WILL NOT BE HELD.

Races

Heats will be seeded by slowest to fastest time. **All running events will be timed finals.** All times will be hand held times.

Relays

All Relay entries, including alternates (if they are substituted), count toward the total number of events entered. Please fill out relay card and have relay team present to event clerk.

Starting

The “No False Start” Rule Applies. False start means D.Q. The 1600 and 3200 meter runs will be started in alleys.

Scoring

Scoring will be 10-8-6-4-2-1 on a six-lane track.

Awards

Medals will be given for the first three places and ribbons for 4th, 5th and 6th places in all events.

Plaques will be given to the men's and women's first, second and third place teams. Team packets and awards will be presented after the final event of the meet.

Team Camps

Team camps may be set up in the grass area immediately west and south of the high school. **No camps will be allowed on the football field.** Please clean up your “camp” site before leaving. ***Please have athletes use the trash cans provided to dispose of trash.***

Buses

Please park all buses in the Buff Gym parking lot. (North of Buffalo Gym)
Please do not park buses beside fence adjacent to discus throwing area.

Coaches

Events judges and timers will be provided. Coaches may be asked to help if needed. Please instruct your athletes to listen for event announcements and to report as directed. ***Please, no footballs or Frisbees in team camps.***

Lunches/Concessions

Team lunches may be eaten at the campsite. Please ask your athletes to help keep their campsites clean. **There will be a concession stand for athletes. Also the Overland Express and Maverik stores are close to the field for the athletes' convenience. A hospitality room will be available for coaches and bus drivers.**

2019 Bill Gerrard Memorial Track & Field Meet

TO: Track Coaches

FROM: Nolan Tracy, Athletic Director, Meet Director
Ty Flock, Clerk of Course
Joe White, Official Starter

RE: 2019 Bill Gerrard Memorial Track Meet

DATE OF MEET: Saturday, March 30th, 2019.

TIME: **The meet will begin at 10:00 a.m. with the Scratch Meeting beginning at 8:30 a.m. in the Greybull High School Library. Entry doors are located at the northwest side of the high school.**

FIELD EVENTS: Report at **9:45 a.m.** These events start at 10:00 a.m.
Boys' Long Jump Boys' Discus
Boys' High Jump Girls' Shot
Girls' Triple Jump

Report to these events after the completion of the above events:
Boys' Triple Jump Boys' Shot
Girls' Long Jump Girls' Discus
Girls' High Jump

TRACK RUNNING EVENTS: **11:00 a.m.** 3200 M Relay (Finals)
100 M Int. Hurdles
110 M High Hurdles
100 M Dash
1600 M Run
400 M Relay
400 M Run
300 M Low Hurdles
300 M Int. Hurdles
1600 M Medley Relay
800 M Run
200 M Dash
3200 M Run
1600 M Relay



Watch For Stamping Buffalo