Natrona County High School – MAC

* 1. Throwers will be placed in flights. Each thrower will complete 3 throws (2-1) with the top 9 throwers advancing to the finals. Throwers in the finals will complete 3 throws (1-1-1). **Due to COVID, during competition all throwers will use shots provided to them that will be sanitized after each use. They should bring their own shots for warm-ups.**
  2. Triple jump and long jump competitors will receive three (3) attempts, with the top nine (9) competitors advancing to the finals.

C. Pole Vault – 5 Alive

Girls Starting Height (6’ 00”)

Boys Starting Time – 45 minutes after the girls division

Starting Height – (9’ 00”)

D. High Jump – 5 Alive – Starting Heights Boys (5’ 00”) Girls (4’ 2”)

For reasons surrounding sanitization, we ask schools and athletes to consider high jumping and pole vaulting in leggings and long-sleeved tights to avoid skin contact on mats as much as possible since those are more difficult to sanitize. **We also ask that all field events except for the shot put compete with masks on.** There will be hand sanitizer available at each field event.

## FIELD EVENT SCHEDULE:

These events begin at 10:30am These events follow immediately:

Girls High Jump Boys High Jump

Girls Long Jump Boys Long Jump

Boys Pole Vault Girls Pole Vault

Girls Shot Put Boys Shot Put

Boys Triple Jump Girls Triple Jump

**Due to the limited number of people allowed in our facility, each visiting school will only be allowed to bring TWO coaches.**

Each school will be in charge of running a field event. **This includes recruiting some of your athletes where necessary to help.** The assignments are as follows:

Evanston – Triple jump

Star Valley – Pole vault

Natrona and Worland – Shot put

Green River – Long jump

Mountain View – High jump

Western Heritage doesn’t have assigned events and we ask that you help where needed.

## RUNNING EVENT SCHEDULE (ROLLING SCHEDULE STARTING AT 11:30):

There will be hand sanitizer at the starting line. Please use that before adjusting your blocks. Also, athletes must find a way to carry their mask with them while they run so that they have it at the finish line.

Girls will run each race first, followed by boys. This is a rolling schedule and competitors need to listen to the PA system for 1st, 2nd and final calls.

EVENT

Sprint Medley Relay

4 x 800M Relay

55M Hurdle Prelims

55M Dash Prelims

4 x 200M Relay

1600M Run

55M Hurdle Finals

55M Dash Finals

400M Run

800M Run

200M Run

3200M Run

4 x 400M Relay

The following teams will be participating in the meet:

Natrona County

Evanston

Star Valley

Green River

Worland

Mountain View – spending the night

Western Heritage

Each team will be allowed the following number of participants at the meet (number based on percentage of the total allowed in the MAC – 224 total participants for this meet):

Natrona County

Boys: 26

Girls: 40

Evanston

Boys: 18

Girls: 16

Star Valley

Boys: 26

Girls: 15

Green River

Boys: 18

Girls: 16

Worland

Boys: 11

Girls: 11

Mountain View

Boys: 10

Girls: 13

Western Heritage

Boys: 2

Girls: 2

***Entries can be completed on RunnerCard.***

***The meet is named 2021 WHSAA Indoor T&F Meet #1 NCHS***

There are five sets of bleachers that will be pulled out along the East wall of the MAC. Since there are no spectators allowed, those bleachers will serve as team camp areas. In order to accommodate all seven teams, a couple of schools with smaller numbers will need to be in the same bleachers. The following schools will have their own set of bleachers: Natrona, Star Valley, and Evanston. We ask that Worland and Mountain View share a set of bleachers and Green River and Western Heritage share a set of bleachers.

*To help offset the costs of hosting four indoor track meets in our facility this year, there is a $125 fee for each visiting school. Thank you and we look forward to having you here.*