**Laramie Shine Indoor Invitational**

**University of Wyoming Field house**

**Friday, February10, 2017**

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 2 PM, Thursday, February 9th. **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. (9:00 AM at the field house announcers stand).

Entry Fee: $7.00 per athlete. All monies should be handed in at the head table to the representative from the LHS Activities Office. Teams will be capped at $350.00 per school.

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: A hospitality room will be available for coaches, workers and bus drivers.

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). Redone Summer/Fall 2011

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. Parents can also park across Grand Ave. on the south side.

Schedule of Events

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Field Events

10:00 AM

* High Jump – Starts at 4’2” (Girls) and 5’2” (Boys)
* Pole Vault – Starts at 7’ (Girls) and 8’ (Boys)
* Long Jump (Boys First) – 3 Jumps – 9 athletes to Finals, place 8. First jump to be measured if legal, then any legal jump past 14’(Girls) and 17’(Boys).
* Shot Put, (Boys First) – 3 throws – (2-1) – Finals 1-1-1-, first throw to be measured if legal, then any legal throw past (25’ line girls) (35’ 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’, 3 jumps – 9 athletes to Finals, place 8 –First jump will be measured if legal jump and any legal jump over the 25’ (girls) 30’ (boys)

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| Running Events (Girls 1st, Boys 2nd) | |  |
| 10:00 AM | 4X 800 M Relay | Finals |
|  | 4 X 200 M Relay | Finals – Heats against time |
| 10:30 AM | 55 Hurdles | Finals – Heats against time |
|  | 55 M Dash | Finals – Heats against time |
|  | 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.