***3A East Regional Track***

***Douglas, WY***

***May 11th-12th 2018***

**Douglas High School is proud to host the 3A East Regional Track Meet. Please refer to the WHSAA Track and Field Regulations on pages 69-71 in the handbook.**

**Entries:** Entries will be taken via runnercard.com. Please be sure to list last names, first names, and grade level for each contestant. If using hand held times for seeding purposes, please round all times of 1/100th of a second up to the next tenth and then add 0.24 to make them equivalent to the FAT times. **Entries are due on runnercard.com on or before Wednesday, May 9th by midnight. Please make as many changes as possible prior to leaving your school.**

Please use the following team abbreviations when entering your team:

Buffalo - BUF

Douglas - DOU

Thermopolis - THE

Newcastle - NEW

Rawlins - RAW

Torrington - TOR

Wheatland - WHE

Worland - WOR

**Number of Entries**: Entries are restricted to 4 entries per team for individual events with 1 relay team per event. Please email a list of all pre-qualifiers for your team to Justin Carr at [jcarr@ccsd1.org](mailto:jcarr@ccsd1.org) Do not use a “q” or an asterisk by a pre-qualifier when listing your entries on runnercard.com.

**Entry Specifics for Pre-Qualifiers**: Some schools may have qualified more athletes for the State Meet than they are allowed to enter at the Regional Meet. You can only exceed the entry limitations if **ALL** of your entries in that event exceed the qualifying standard. **Please check this before the meet!**

These contestants must be on the entry even if they will not be competing at the Regional Meet. In order to compete at the State Meet, they must be entered in the Regional Meet. Even though they may not compete in the Regional Meet, it will count as one of their allowable events. No changes may be made at the State Meet once an athlete has been entered and verified at the Regional coaches meeting. **Please email a list of all pre-qualifiers for your team to Justin Carr at** [**jcarr@ccsd1.org**](mailto:jcarr@ccsd1.org)

**Event Schedule**: The event schedule is attached. Events will not begin prior to the established timeline on the meet schedule. Please make sure athletes are listening for events being called.

**Replacements**: During the coaches meeting, a coach may replace one of his/her athletes with another of his/her athletes; however, additions to the original entries may not be made.

**State Qualifying and Awards**: The top eight place winners in each individual event and the top 4 relay teams will advance to the State Meet. The top 8 place winners from each event, including relays receive medal awards provided by the WHSAA. Award presentations for all events will follow closely after the posting of each event. Please have your athletes report to the awards area in the center of the football field to receive their medal when announced.

**Team Awards**: Plates for your school’s regional plaques will be given for the top three teams. These plates will be awarded at the completion of the meet.

**Track timing**: All running events will be timed using a FAT timing system, with back-up timers.

**Heat Finals**: The first place finisher from each heat and the next fastest times (regardless of heat) to fill a field of eight will qualify for the finals. In the field events, a field of 9 will qualify for the finals.

**Staging of Events**: Please have your athletes report to the following areas for the staging of their heats/flights:

* Shot Put
  + Shot Put Ring
* Discus
  + Discus Ring
* Boys/Girls Long Jump
* Boys/Girls Triple Jump
* High Jump
* Pole Vault
* Running events
  + Track

Please have your athletes report to the Clerk of Course when their event is called. Once your athletes have reported, please have them stay in the vicinity of the staging area. The Clerk of Course will send the heat to the starting line at the appropriate time.

**Pole Vault**: All pole vaulters must be weighed-in and have their poles checked before the start of their competition. Coaches must verify per rule 7.5.3 Pole vault participants, dressed in their competition uniform, will be weighed in the HS training room (enter the southeast door of the gym). This will take place 1 ½ hour before the start of the pole vault competition. Please listen for the announcement for weigh-ins. Vaulters are to report to their weigh-in with their competition poles. Discovery of an illegal pole as outlined in rule 7.5.4 during warm-up or competition will result in disqualification from the event.

**Throwing events**: Athletes may use their own discus and/or shot put per rule 6.4.1 and rule 6.5.1, but each must be weighed-in and appropriately marked by the meet officials. These weigh-ins will take place each day before competition begins in the track shed. Please double check that your athlete is dressed in a legal uniform.

**Spikes**: 1/8” or less pyramid spikes are the only type of spikes allowed on the track.

**Jewelry**: According to rules 4-3-3 and 9-6-3, the prohibition of wearing jewelry has been removed from the track rules. The Clerk of the Course has the authority to ask competitors to remove jewelry that may cause injury or impede the competition. The wearing of a medical alert with the alert visible is encouraged for risk minimization. Watches are allowed if worn around the wrist. GPS watches will not be allowed. Hats, headbands (greater than ¼”), and sunglasses are not allowed during competition.

**Coaches**: Make sure you review all uniform expectations and rules with your team as outlined in rule 4-3. As per rule 4-3-3, removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by meet officials, shall lead to a warning and if repeated, disqualification from the event. For the Regional Meet, the competition area shall be anywhere on the track, the infield, the grass area around the jumping pits, or in the areas of both throwing rings.

**Team Camps**: Team camps may be set on Nida Field, the baseball field beside the track. Team camps will NOT be allowed on the football field or in the stands.

**Admission**: The WHSAA has set ticket prices at $5 per day for adults and $3 per day for students.

**Hospitality room**: There will be a hospitality room for all coaches, meet workers, school administrators, and bus drivers in the hospitality tent in the baseball field.

**Bus parking**: Please park buses in the back of the parking lot.

**Concessions**: The concession stand will be open for the duration of the meet.

**Certified Athletic Trainers:** Certified Athletic Trainers will be available throughout the meet. Please supply your own supplies (i.e. tape, elastic wraps, etc.).

**Exchange Zone Judges:** We will need help with exchange zones for the 4x100m relays and the sprint medley relay. Please see assignments below. One coach per school.

1st Exchange Thermopolis (2) and Worland

2nd Exchange Torrington, Wheatland, Buffalo

3rd Exchange Newcastle, Rawlins, Douglas

**Hurdle Judges:** We will also need 1-2 coaches from each team to be hurdle judges. Please see the assignments below and bring a flag if possible.

Flight 1 Buffalo

Flight 2 Douglas

Flight 3 Newcastle

Flight 4 Rawlins

Flight 5 Thermopolis

Flight 6 Torrington

Flight 7 Wheatland

Flight 8 Worland

Flight 9 Thermopolis (100H and 110H only)

Flight 10 Finish Line Judges (100H and 110H only)

**FRIDAY MAY 11th ORDER OF EVENTS**

**12:30pm Coaches Meeting- Track Shed (Scratch & Replace only)**

**Pole Vault Weigh-ins- HS Training Room**

**Throwing Implement Weigh-ins- Track Shed**

**2:00pm Boys Long Jump**

**Girls High Jump**

**Boys Pole Vault**

**Girls Discus**

**3:00pm 800 M Run Girls - Finals**

**800 M Run Boys- Finals**

**4:30pm 100 M Hurdles Girls- Prelims Boys Discus**

**110 M Hurdles Boys- Prelims Girls Triple Jump**

**5:00pm Girls Medley Relay**

**Boys Medley Relay**

**5:45pm 100 M Dash Girls- Prelims**

**100 M Dash Boys- Prelims**

**6:05pm 300 M Hurdles Girls- Prelims**

**300 M Hurdles Boys- Prelims**

**6:35pm 200 M Dash Girls- Prelims**

**200 M Dash Boys- Prelims**

**6:45pm 3200 M Run Girls- Finals**

**3200 M Run Boys- Finals**

**7:20pm 400 M Relay Girls- Finals**

**400 M Relay Boys- Finals**

**7:30pm 400 M Dash Girls- Prelims**

**400 M Dash Boys- Prelims**

**SATURDAY MAY 12TH Order of Events**

**8:00am Coaches Meeting- Track Shed (Scratch & Replace only)**

**Pole Vault Weigh-ins- HS Training Room**

**Throwing Implement Weigh-ins- Track Shed**

**9:30am Girls Long Jump**

**Boys High Jump**

**Girls Pole Vault**

**Boys Shot Put**

**11:00am 3200 M Relay Girls- Finals**

**3200 M Relay Boys- Finals**

**11:45am 100 M Hurdles Girls- Finals Girls Shot Put**

**110 M Hurdles Boys- Finals Boys Triple Jump**

**12:30pm 100 M Dash Girls- Finals**

**100 M Dash Boys- Finals**

**12:50pm Mower Award Presentation**

**1:05pm 400 M Dash Girls- Finals**

**400 M Dash Boys- Finals**

**1:35pm 1600 M Run Girls- Finals**

**1600 M Run Boys- Finals**

**2:15pm 300 M Hurdles Girls- Finals**

**300 M Hurdles Boys- Finals**

**2:45pm 200 M Dash Girls- Finals**

**200 M Dash Boys- Finals**

**3:15pm 1600 M Relay Girls- Finals**

**1600 M Relay Boys- Finals**