

CHEYENNE CENTRAL INVITATIONAL TRACK MEET
VARSITY AND JUNIOR VARSITY DIVISIONS
Duane Schopp Track & Field Complex
CHEYENNE CENTRAL HIGH SCHOOL
SATURDAY, APRIL 21, 2018

GENERAL INFORMATION & INSTRUCTIONS

PARKING

Buses park in east parking lot of the school.

AWARDS

No awards or trophies will be presented.

VALUABLES

Laramie County School District #1 will not be responsible for any personal belongings or school items lost.

PARTICIPATION RULES

1. Entries are unlimited. The maximum number of events a contestant may enter shall be four (4).
3. 2018 NFSHSA Track & Field Rules will govern this meet.

ENTRIES

Entries will be made using RUNNERCARD.com. There will be no additions or substitutions Saturday. The website is www.runnercard.com.

Entries are due no later than **7:00 pm** on Friday, April 20

SEEDING

Athletes will be heated and seeded according to entry times. We will heat individuals in the shed at the west end of the track. Entry times will be used to help seed the athletes as accurately as possible. Please be as accurate as possible to be fair to all athletes. This is a finals only meet.

STICKERS

Each athlete in running events and the final leg of each relay will need to wear a sticker with their name and the school name. Stickers will be provided by Cheyenne Central High School.

REPORT TIME

ALL contestants must listen for report time prior to each event. Track contestants not reporting on last call will be scratched. Report to the west end of the track.

Other Information

1/8" spikes or running flats only. One turn alley starts will be used for all races 800m and above. Starting blocks will be furnished.

SCORING, TIMING, & FEE

FAT - LYNX timing system.

Fee is \$100 per school (B/G combined). Make checks payable to: Central Athletics

Results

Results will be available at the end of the meet on RunnerCard.com. We will have results for all individuals.

CHEYENNE CENTRAL OPEN INVITATIONAL TRACK MEET
RISKE FIELD, CHEYENNE CENTRAL HIGH SCHOOL
SATURDAY, APRIL 21, 2018

SANCTION: This is a WHSAA sanctioned meet.

FIELD EVENTS

- A. Shot put & discus throwers will complete three throws with the top 9 individuals advancing to the finals.
- B. Long jump and triple jump competitors will receive three jump attempts, with the top nine (9) individuals advancing to the finals.
- C. In the **high jump** and **pole vault**, each competitor will receive three (3) attempts at each height as they remain in the competition.
- D. Pole Vault - Starting height
Boys 8' 0"
Girls 6' 6"
- High Jump - Starting height
Boys 5' 0"
Girls 4' 0"

FIELD EVENTS

These events will begin @ 10:00 a.m.:

Girls Pole Vault
Boys High Jump
Boys Shot Put
Girls Discus
Boys Long Jump
Girls Triple Jump

These events will immediately follow:

Boys Pole Vault
Girls High Jump
Girls Shot Put
Boys Discus
Boys Triple Jump
Girls Long Jump

RUNNING EVENTS TIME SCHEDULE

All events will be **timed finals**.

The Time schedule is approximate; we will run ahead if possible.

<u>EVENT</u>	<u>TIME</u>
1600 Meter Sprint Medley Relay	11:00
4x800 meter Relay	11:15
100/110 meter Hurdles	11:35
100 meter Dash	11:55
1600 meter Run	12:15
4x100 meter Relay	12:30
400 meter Dash	12:40
300 meter Hurdles	1:20
800 meter Run	1:50
200 meter Dash	2:20
3200 meter Run	3:00
4x400 meter Relay	3:45