

Indoor Track Meet – January 15, 2021

Campbell County Recreation Center – Field House January 15, 2021

- A. 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).
- B. Triple jump and long jump competitors will receive three (3) attempts, with the top nine (9) competitors advancing to the finals.
- C. Pole Vault
 - Girls Starting Height (6' 00")
 - Boys Starting Time - 45 minutes after the girls division
 - Starting Height – (9' 00")
- D. High Jump Starting Heights Boys (5' 00") Girls (4' 2")

FIELD EVENT SCHEDULE:

These events begin at 10:30am

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

These events follow immediately:

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

A reminder that all school's coaches will be expected to help run the field events. This is not negotiable.

RUNNING EVENT SCHEDULE (ROLLING SCHEDULE STARTING AT 10:30):

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

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The following teams will be participating at the meet:

Burns/Pine Bluffs
Campbell County
Cheyenne Central
Cheyenne South
Goshen County
Laramie

Each team will be allowed the following number of participants at the meet (number based on percentage of the total allowed at the Campbell County Recreation Center):

Burns/Pine Bluffs
Boys: 3
Girls: 12

Campbell County
Boys: 24
Girls: 25

Cheyenne Central
Boys: 34
Girls: 37

Cheyenne South
Boys: 26
Girls: 13

Goshen County
Boys: 13
Girls: 14

Laramie
Boys: 41
Girls: 44

Entries can be completed on RunnerCard. The meet is named 2021 WHSAA Indoor T & F Meet #1 CCRC