

1A/2A/3A EAST REGIONAL TRACK & FIELD MEET
MAY 14th & 15th, 2021
TORRINGTON, WY

Torrington High School, Lingle-Ft. Laramie High School, and Pine Bluffs High School will be hosting this year's East Regional Track & Field Meet for 1A, 2A, & 3A.

Location: The track is directly beside our Administrative Offices which are located at 626 West 25th Avenue.

Bus Parking: All buses are asked to park in the lot north of Torrington Middle School. (Please see the accompanying map.)

Entry Procedure: Official entry will be made on **athletic.net**. Entry deadline will be **Thursday, May 13th at 6:00 p.m.** Please be sure to enter verifiable times and distances. When making entries, please be sure to select the correct Classification (1A/2A/3A).

Relay Team Entries: If you are entering a relay team that has pre-qualified, please list all relay members on athletic.net.

Number of Entries: You may enter four entries per individual event and one relay team for each relay event. All athletes that have pre-qualified for the state meet will be allowed to compete at the regional meet.

State Qualifying and Awards: The top eight places in individual events and top four relays will receive medals and will advance to the State Meet. Team trophies will be awarded for first through third place.

Timing: A Finish Lynx FAT timing system will be used for all track events.

Heating for Finals: Regardless of the number of heats in the preliminaries, heat winners and the next fastest times will qualify for the finals in all running events. Nine (9) athletes will qualify for the finals in the long jump, triple jump, shot put, and discus.

All running events will be staged at the northwest corner of the track.

Pole Vault: All pole vaulters must be weighed and have poles checked before the competitions begin. Pole vault participants, wearing the uniform they will vault in, will be weighed at the track building beginning at 8:30 a.m. on Friday. Vaulters do not need to take poles to weigh-ins.

Shot put & Discus: Implements must be weighed in at the track building each morning on the day of the competition. Both rings are cement.

Spikes: 1/8 inch spikes are the only length allowed on the track.

Uniforms: Make sure that you review legal uniforms with your team. As per rule 4.3.3, removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to warning and if repeated, to disqualification from the event. For this meet, the area of competition shall be anywhere on the track, the infield, and areas directly adjacent to the jumping pits and throwing rings.

Electronic Devices: Per rule 3.2.8, electronic devices are permitted in unrestricted areas and coaching boxes. For the purpose of this rule, all areas at the track facility will be deemed as unrestricted for coaches and team personnel.

Team Camps: Please use the area outside the chain-link fence for team camps.
(PLEASE, NO CAMPS ON THE INFIELD!)

Athletic Trainers: Certified Athletic Trainers will be on site. Please bring your own training supplies.

Admission: Tickets will be \$5.00 for adults and \$3.00 for students each day.

Concessions: A concession stand will be available both days.

Hospitality Room: There will be a hospitality area for coaches, workers, bus drivers, and administrators.

If we can be of any further assistance, please contact us.

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1A/2A/3A EAST REGIONAL TRACK & FIELD MEET

Friday, May 14th, 2021 - Order of Events

- 8:30 a.m. Scratch Meeting & Coaches Meeting and Implement & Vaulter weigh-ins**
- 9:30 a.m. 3A Boys Pole Vault (PV competitions will run consecutively)
[Followed by 1A/2A Boys together, 1A/2A Girls together, then 3A Girls]**
- 9:30 a.m. 1A Boys Shot Put
1A Boys Long Jump
2A Girls High Jump
3A Girls Discus
3A Girls Triple Jump**
- 11:30 a.m. 1A Girls Triple Jump
2A Boys Long Jump
2A Girls Discus
3A Boys Shot Put
3A Girls High Jump**
- 1:30 p.m. 1A Girls Discus
1A Girls High Jump
2A Girls Triple Jump
2A Boys Shot Put
3A Boys Long Jump**

All running events will be run: 1A Girls, 2A Girls, 3A Girls, 1A Boys, 2A Boys, 3A Boys

- 9:30 a.m. 800 Meter Run Finals**
- 10:15 a.m. 100 Meter Intermediate Hurdles Prelims
110 Meter High Hurdles Prelims**
- 11:15 a.m. 100 Meter Dash Prelims**
- 12:00 p.m. 300 Meter Low Hurdles Prelims
300 Meter Intermediate Hurdles Prelims**
- 2:00 p.m. 200 Meter Dash Prelims**
- 2:45 p.m. 3200 Meter Run Finals**
- 4:15 p.m. 400 Meter Relay Finals**
- 5:00 p.m. 400 Meter Dash Prelims**
- 6:00 p.m. 1600 Sprint Medley Relay Finals**

1A/2A EAST REGIONAL TRACK & FIELD MEET
Saturday, May 15th, 2021 – Order of Events

8:00 a.m.	Coaches Meeting and Implement weigh-ins	
9:00 a.m.	1A Boys High Jump 2A Boys Triple Jump 2A Girls Shot Put 3A Boys Discus 3A Girls Long Jump	
11:00 a.m.	1A Girls Long Jump 1A Boys Discus 2A Boys High Jump 3A Boys Triple Jump 3A Girls Shot Put	
1:00 p.m.	1A Boys Triple Jump 1A Girls Shot Put 2A Girls Long Jump 2A Boys Discus 3A Boys High Jump	
9:00 a.m.	3200 Meter Relay	Finals
10:00 a.m.	100 Meter Intermediate Hurdles 110 Meter High Hurdles	Finals Finals
11:15 a.m.	100 Meter Dash	Finals
Lunch Break		
1:00 p.m.	400 Meter Dash	Finals
1:35 p.m.	1600 Meter Run	Finals
3:00 p.m.	300 Meter Low Hurdles 300 Meter Intermediate Hurdles	Finals Finals
3:30 p.m.	200 Meter Dash	Finals
4:30 p.m.	1600 Meter Relay	Finals

WELCOME DRIVERS! Please follow the directions to the designated school bus parking. Thank you!

- Exit Bus Garage area taking a LEFT onto W 25th Ave.
- Go to W E St. and turn LEFT.
- Follow to END OF PAVEMENT and turn LEFT.

Park on grass on North side of row of trees.

