

# 3A West Regional Track

May 14 & 15, 2021 --- Lander, WY

- Entries: Entries will be made using [www.runnercard.com](http://www.runnercard.com). Please be sure to list last names, first names, and grade level for each contestant. Entries are due on Thursday, May 13 by 9:00 p.m.
- Please use the following WHSAA team abbreviations when entering your team:
  - Kemmerer--KEM
  - Lyman - LYM
  - Mountain View - MTV
  - Pinedale - PIN
  - Lander - LAN
  - Lovell - LOV
  - Worland - WOR
  - Powell - POW
- Number of Entries: Entries are restricted to four entries per team for individual events with one relay team per event. Do not use a “q” or an asterisk by a pre-qualifier when listing your entries on RunnerCard.
- 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 have met the qualifying standard.
- In order to compete at the State Meet, pre-qualified athletes in individual events must be entered in that event at the Regional Meet even if they will not be competing in that event at the Regional Meet. This will count as one of their allowable events at the Regional Meet.
- 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.
- Locker rooms will not be provided.
- 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.
- State Qualifying and Awards: The top eight place winners in each individual event and the top four relay teams will advance to the State Meet. The top eight 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 backup 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.
- Eight places are scored at the Regional Meet (10-8-6-5-4-3-2-1)
- Starting height for the pole vault and high jump will be determined at the coaches meeting.
- 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. Pole vault participants will be weighed in and poles will be checked at the track shed near the finish line on Friday morning at 11:00.
- Throwing events: Implement weigh-ins will take place at 11:00 on Friday and 8 on Saturday at the track shed near the finish line.
- Spikes: 1/8" or less pyramid spikes are the only type of spikes allowed on the track.
- Sprint medley: Our track uses blue triangles for the medley exchange zones, including the 30m exchange zone at the first exchange (200m runner to 200m runner).
- 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. The coaches listed under "3rd Exchange" will not be needed for the sprint medley.
  - 1st Exchange: Lander and Pinedale
  - 2nd Exchange: Big Piney, Lyman, and Worland
  - 3rd Exchange: Powell, Lovell, and Mountain View
- 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: Powell
  - Flight 2: Mountain View
  - Flight 3: Pinedale
  - Flight 4: Big Piney
  - Flight 5: Lovell
  - Flight 6: Lyman
  - Flight 7: Worland
  - Flight 8: Lander
  - Flight 9: Lander (100H and 110H only)
  - Flight 10: Finish Line Judges (100H and 110H only)

- Team Camps: Team camps may be set in the designated area only. (See facility map)  
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.
- Roped off areas and/or assigned bleachers will be provided for spectators to view all field events. In order to run the best meet possible for the athletes, we are asking spectators to remain in the assigned bleachers or roped off areas. Coaches if you could please help us enforce this policy it would be appreciated.
- Hospitality room: There will be a hospitality room for all coaches, meet workers, school administrators, and bus drivers in the Aux Gym.
- Bus parking: Please park buses away from general school parking on Friday. We may ask that you park them in the softball field parking lot.
- Results will be posted on RunnerCard and sent to the WHSAA.
- If the meet is suspended due to weather, each team will have an assigned area in the school. Coaches must be present to help with supervision.
- Questions: Feel free to contact Serol Stauffenberg at 307-840-2190 or [sstauffenberg@landerschools.org](mailto:sstauffenberg@landerschools.org).

## 2021 3A West Regional Track & Field

### Friday, May 14

9:00 AM Coaches Meeting (Aux Gym)

11:00 AM Weigh-in Implements and Vaulters (Track Shed)

12:00 PM Girls Pole Vault (**Final**)

Boys Long Jump (**Final**)

Girls Discus (**Final**)

12:15 PM 800 m (**Final**)

12:40 PM 100/110 m Hurdle Prelim

1:10 PM 100 m Prelim

2:00 PM Girls Long Jump (**Final**)

Boys Shot Put (**Final**)

Boys Pole Vault (**Final**)

2:00 PM 300 m Hurdle Prelim

2:30 PM 200 m Prelim

3:15 PM 3200 (**Final**)

4:00 PM Boys Triple Jump (**Final**)

4:00 PM 400 m Relay (**Final**)

4:30 PM 400 m Prelim

5:30 PM 1600 Sprint Medley Relay (**Final**)

## Saturday, May 15

8:00 AM Coaches / Worker Meeting (Aux Gym)

Weigh-in Implements (Track Shed)

9:00 AM Girls Shot Put (**Final**)

Boys High Jump (**Final**)

9:15 AM 3200 Relay (**Final**)

10:15 AM 100/110 Hurdles (**Final**)

10:45 AM 100 m (**Final**)

11:00 AM Girls High Jump (**Final**)

Boys Discus (**Final**)

11:30 AM 300 Hurdle (**Final**)

12:30 PM 400 m (**Final**)

1:00 PM Girls Triple Jump (**Final**)

1:00 PM 1600 m (**Final**)

1:40 PM 200 m (**Final**)

2:30 PM 1600 (4 x 400m) Relay (**Final**)

2:50 PM Team Awards

# **2021 3A West Track and Field**

## **Girls Coach of the Year Ballot**

Coach / School: \_\_\_\_\_

## **Boys Coach of the Year Ballot**

Coach / School: \_\_\_\_\_

\*Return to the Press Box by 4:00pm on Friday, May 14.