



4A West Regional Track Meet--May 14 & 15, 2021

Site: Riverton High School Track--2001 West Sunset, Riverton, WY

Personnel:

Director	Reggie Miller
Referee	Tim Bell
Starter	Tom Nirider
Clerk of Course	Derek Watson
Head Field Judge	Tom Nirider
Head Timer	Reggie Miller
Pole Vault	Riverton/Cody
Throws	Riverton/Natrona
Blocks	Evanston
Hurdle Crew	Matt Mason/All Hurdle Coaches
Exchange Zone Judges	Green River Zone 1 Rock Springs Zone 2 Jackson Zone 3
High Jump	Natrona
Long Jump	Riverton
Triple Jump	Star Valley

Entries: All entries can be submitted to:

- RunnerCard.com
 - 2021 4A West Regional

Team Packets: Can be picked up in the Crow's Nest at 10:00 am.

Scratches: We will close the RunnerCard site and pull changes after the coaches meeting on Friday at 10:00 am.



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All Track Equipment Info:

- Only 1/8" Pyramid spikes are allowed.
- All implements will be weighed at the Special Services Building located at the SE corner of Wolverine Sports Complex prior to the start of throwing events.
- All pole vaulters must weigh prior to competition, the weight of vaulters in full competition uniform must be at or below the rating of any poles they use during warm up or competition. All poles will be checked by the event judge at site.

Starting Blocks: Riverton High School will provide starting blocks for races.

Uniforms: Participants must wear school issued or school approved uniforms. Field event competitors are required to use school issued or school approved uniforms. Competitors who are unable to be fitted for a school issued or school approved uniform may wear school approved sweats. The purpose is to be sure team members are wearing their school uniform and that any additional attire would not bring discredit on the sport or show any lack of dignity. As per the National Federation Track and Field Rules Committee's action, football jerseys do not meet acceptable uniform criteria.

Scoring: Scoring will be 10-8-6-5-4-3-2-1.

Entries/Qualifying:

If there are more pre-qualifiers in an event than the allowed number of entries, all qualifiers will be allowed to be entered and compete at the Regional Meet. The only way to exceed the allowed number of entries is if all athletes entered have met the qualifying standard.

- **One relay team per school**
- 4A -- Four (4) entries per event
- WHSAA Rule 7.14.56: Athletes will also be allowed to qualify for State Track by meeting qualifying standards during the regular season. To be qualified to compete in an event at the State Track Meet, the athlete must be entered in that event at a WHSAA Regional Track Meet. All athletes that meet qualifying standards at WHSAA approved qualifying meets will be allowed to compete at Regional and State Track Meets provided all other WHSAA and National Federation rules are followed.
- A Relay team can qualify for State three ways: (1) by place at the Regional Meet (2) by surpassing the qualifying standard at the Regional Meet or (3) by surpassing the qualifying standard during the season at an approved meet. If a coach chooses to qualify his relay team by method three, then he must submit a completed Track Qualifying Standard Report Form for that relay team along with his/her Regional entries to the Meet Director.

*****Each school may have only one relay team per relay event at the regional and state meet.**



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Number of Qualifiers for the State Track Meet

The number of qualifiers for the State Track Meet are 8 individuals and 4 relay teams per event from the Regional Meet. Participants who qualify for the finals, but have not prequalified, must run the final heat in that event without disqualification in order to run that event at the State Meet as per rule 7.14.47. Along with these qualifiers will be those individuals who meet the conditions of WHSAA rule 7.14.56 (Qualifying Standards), and those relay teams that meet the qualifying mark at the Regional Meet as per 7.14.57, or at an approved qualifying meet throughout the season and are entered at the Regional Meet.

Relay Teams Qualifying to State - Please review the following information which outlines the three ways that a relay team can qualify for the State Meet.

*****Each school may have only one relay team per relay event at the regional and state meet.**

- a. A relay team is entered (non-prequalified by mark) in the Regional Track Meet. The teams that place in the top four at the Regional Meets qualify for the State Meet. The coach is free to make substitutions in this relay for the State Meet as long as students are eligible by all WHSAA rules and do not surpass individual event limits.
- b. A relay team (pre-qualified) is entered in the Regional Meet by submitting a completed Track Qualifying Standard Report Form along with the school's entries by the deadline (May 10, 2021). The relay team then places in the top four at a Regional Meet. The coach is free to make substitutions for the State Meet as long as students are eligible by all WHSAA rules and do not surpass individual event limits.
- c. A relay team (pre-qualified) is entered in the Regional Meet by submitting a completed Track Qualifying Standard Report Form along with the school's entries by the deadline (May 10, 2021). The relay team does not finish in the top four at a Regional Meet. The relay team is still entered and qualified for State, but the same four student-participants who ran on the relay team at the Regional Meet must run on the team at the State Meet.

Miscellaneous Information: By WHSAA Board adoption upon request by the Wyoming Track Coaches Association are the following:

1. In Regional Track Meets nine athletes qualify for the finals in shot put, discus, long jump, and triple jump.
2. Heats and lanes for the preliminaries of running events and relays at the State



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Meet for all classes will be seeded from the Regional Meet by both place and time, and then those who qualified by standard will be heated. The first place finisher from each heat and the next fastest times (regardless of heat) to fill a field of eight will qualify to the finals at the State Meet.

3. When there are eight or fewer teams at the Regional and State Meet in the 4 X 800 relay, the alley start should be waived, and each team assigned a lane.

Awards: We will present awards following the final of each event on the turf facing the home stands.

Concessions: Concessions will be available throughout the meet.

Hospitality: Will be provided through the concession stand. Hospitality is for coaches, bus drivers, workers, and school administrators. Tickers will be available in the Crow's Nest for each meeting session.

Locker Rooms: Locker rooms will be available at Riverton High School; the locker rooms will not be locked and Riverton High School is not responsible for any lost or stolen items.

Athletic Trainer: Our Athletic Trainer, Ross E. Anderson, will be available for your athletes in the training room and out at the event area.

Team Camps: Team camps may not be in the infield and are encouraged to be set up on the "grass" areas on the complex.

Meet Management: Coaches and athletes will not be allowed on the infield except for athletes who are warming up and coaches who are helping with hurdles and exchange zones.

Bus Parking: Buses are encouraged to drop athletes off and may park in the front east parking lot by the track or the west parking lot on the other side of the school.

Spectator Ticket Prices:

- Per Day \$5.00/adult \$3.00/student
- All Session \$8.00/adult & \$5.00/student

Results: Paper copies will be available approximately 30 minutes after the completion of competition.



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Events:

ORDER OF EVENTS FOR REGIONAL TRACK MEET

****One Class Meet Schedule****

Field Events			
Friday		Saturday	
Coaches Meeting – 10:00 a.m.			
1:00 p.m.	Boys Triple Jump	9:00 a.m.	Girls Shot Put
	Girls Discus		Boys Long Jump
	Boys Pole Vault		Girls High Jump
3:00 p.m.	Girls Triple Jump	12:00 p.m.	Boys Shot Put



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	Boys Discus				Girls Long Jump		
	Girls Pole Vault				Boys High Jump		
Running Events							
Friday				Saturday			
2:00 p.m.	G/B	800 M Run	Finals	10:00 a.m.	G/B	3200 M Relay	Finals
2:30 p.m.	G	100 M Int. Hurdles	Prelims	10:30 a.m.	G	100 M Int. Hurdles	Finals
	B	110 M High Hurdles			B	100 M High Hurdles	Finals
3:15 p.m.	G/B	100 M Dash	Prelims	11:00 a.m.	G/B	100 M Dash	Finals



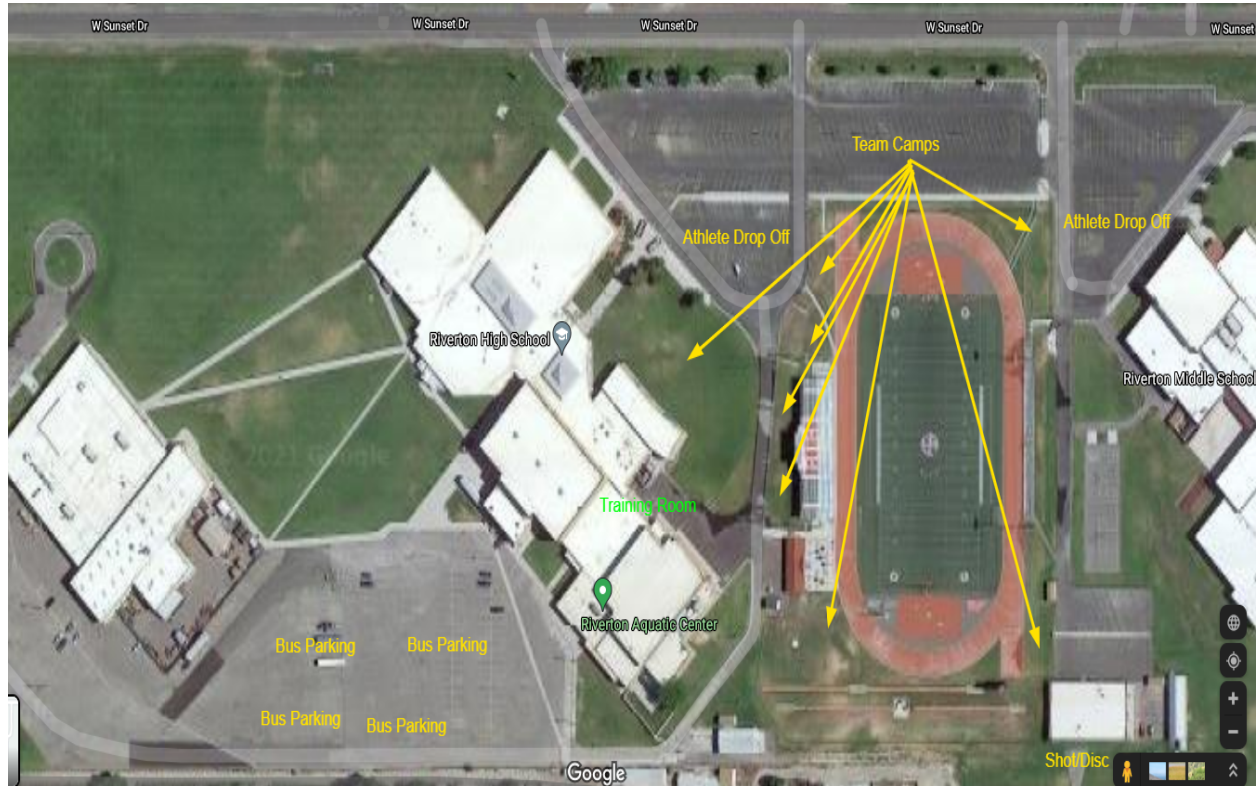
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4:00 p.m.	G	300 M Low Hurdles	Prelims	11:45 a.m.	G/B	400 M Dash	Finals
	B	300 M Int. Hurdles	Prelims	12:30 p.m.	G/B	1600 M Run	Finals
4:45 p.m.	G/B	200 M Dash	Prelims	1:15 p.m.	G	300 M Low Hurdles	Finals
5:30 p.m.	G/B	3200 M Run	Finals		B	300 M Int. Hurdles	Finals
6:15 p.m.	G/B	400 M Relay	Finals	2:00 p.m.	G/B	200 M Dash	Finals
7:00 p.m.	G/B	400 M Dash	Prelims	2:45 p.m.	G/B	1600 M Relay	Finals
7:45 p.m.	G/B	1600 M Sprint Med.	Finals	**Times may be adjusted due to weather			



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Map of Information:





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EMERGENCY ACTION PLAN

RESPONSE PROTOCOL – Regional / State Tournament Information

Event:	Outdoor Activities on/at the Turf
Site:	Wolverine Field
Emergency Contact 1:	911
Emergency Contact 2:	Riverton Police Department—307-856-4891
Lead Responder:	Ross Anderson—Certified Athletic Trainer—CPR/First Aid Certified—307-851-3751
Responder:	Reggie Miller—Assistant Principal/Athletic Director—CPR/First Aid Certified—307-851-1545 Tim Bell—Assistant Athletic Director— CPR/First Aid Certified –307-840-1721
Responder:	Charlie Marshall—SRO—CPR/First Aid Certified—307-851-7182 Tyler Larsen—SRO—CPR/First Aid Certified—307-840-0331 Scott Christofferson—SRO—CPR/First Aid Certified—307-851-0192
AED Location:	Portable splint bag carried by Athletic Trainer/Concession Stand



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EMS Access Point:	Northeast gate access point
EMS Cross Street:	Not Applicable
Add'l Information:	John Griffith—Principal—307-840-0737 Kristy Richmond—Assistant Principal—307-851-0089

In the event of a cardiac emergency the first trained Event Staff member on the scene will take control of the situation and provide directions to others as outlined below.

Lead Responder

If someone collapses, is not breathing normally, and is unresponsive to shaking, initiate response protocol:

1. Instruct someone to call 911 and staff numbers listed and send someone to the EMS Access Point.
2. Instruct someone to retrieve the AED.
3. Position the person on his/her back.
4. Put one hand on top of the other in the middle of the victim's chest. Keeping your arms straight, push hard and fast, at about 100 presses a minute. Let the chest completely recoil after each compression.
5. Take turns doing CPR with fellow responders. Keep CPR interruptions to a minimum.
6. Once the AED arrives, turn it on, and follow the voice prompts.
 - a. Remove clothing from chest.
 - b. Attach electrode pads as directed by the voice prompts.
 - c. Stand clear while the AED analyzes the heart rhythm.
 - d. Keep the area clear if the AED advises a shock.
 - e. Follow the device prompts for further action.
 - f. After EMS takes charge of the victim, deliver AED to Tournament Director for data download.

Please refer to the **Anyone Can Save A Life, Emergency Action Planning Guide** for specific responsibilities of each responder. **AnyOneCanSaveALife.org**



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Restaurants

Arby's	856-0203
The Breadboard	856-7044
The Depot	856-2221
Bunks BBQ	463-0773
Burger King	856-8797
Chopstix	856-2828
Country Cove	856-9813
Dairy Queen	857-3042
Domino's Pizza	857-2033
Roasted Bean & Cuisine	856-6448
Brown Sugar Coffee Roastery	856-1116
Rusty Truck	463-2626
Speedway Cafe	857-6740
Kentucky Fried Chicken	856-2661
Little Caesar's Pizza	827-2077
McDonald's	856-5068
Pizza Hut	856-4266
QT's Restaurant	856-8100
Subway	856-6370
Sundowner Station	856-6503
Taco Bell	856-7443
Taco John's	856-9649
Trailhead	856-7990
Wendy's	856-6538
Perrett's	857-7307
Thai Chef 2	463-0376