



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

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www.whsaa.org

TO: HEAD TRACK COACHES
FROM: RON LAIRD, COMMISSIONER
DATE: APRIL 17, 2018
SUBJECT: REGIONAL TRACK INFORMATION

Regional qualifying track meets are scheduled to be held on the weekend of May 11-12, 2018. The 96th Annual Boys High School State Track Meet and the 49th Annual Girls High School State Track Meet will be the following week on May 17-18-19, 2018.

BOYS AND GIRLS REGIONAL TRACK MEET SITES

MAY 11-12, 2018

Class 1A East Regional @ Torrington

Meet Directors: Russ Wiggam / Dave Plendl

Arvada-Clearmont	Chugwater
Hulett	Glendo
Kaycee	Guernsey-Sunrise
Midwest	H.E.M.
NSI Academy	Lingle-Ft. Laramie
	Rock River

Class 1A West Regional @ Lander

Meet Directors: Matt Mortimore / Serol Stauffenberg

Arapaho Charter	Cokeville
Burlington	Encampment
Dubois	Farson-Eden
Meeteetse	Little Snake River
St. Stephens	Saratoga
Ten Sleep	Ft. Washakie

Class 2A East Regional @ Torrington

Meet Directors: SEWAC / Dave Plendl

Big Horn	Burns
Moorcroft	Glenrock
Sundance	Niobrara County
Tongue River	Pine Bluffs
Upton	Southeast
Wright	

Class 2A West Regional @ Lander

Meet Directors: Justin Walker / Serol Stauffenberg

Greybull	Big Piney
Riverside	Kemmerer
Rocky Mountain	Lovell
Shoshoni	Wind River
	Wyoming Indian

Class 3A East Regional @ Douglas

Meet Director: Justin Carr

Buffalo	Thermopolis
Douglas	Torrington
Newcastle	Wheatland
Rawlins	Worland

Class 3A West Regional @ Powell

Meet Director: Tim Wormald

Cody	Pinedale
Lander Valley	Powell
Lyman	Riverton
Mountain View	Star Valley

Class 4A East Regional @ Cheyenne central

Meet Director: Chad Whitworth

Campbell County	Cheyenne South
Cheyenne Central	Laramie
Cheyenne East	Sheridan
	Thunder Basin

Class 4A West Regional @ Jackson

Meet Director: Mike Hansen

Casper Kelly Walsh	Green River
Casper Natrona	Jackson
Evanston	Rock Springs

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

- a. In Regional Track Meets nine athletes qualify for the finals in shot put, discus, long jump, and triple jump.
- b. Heats and lanes for the preliminaries of running events and relays at the State Meet for all classes will be seeded from the Regional Meets 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.
- c. 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.

Scoring

Eight places are scored at Regional and State Track Meets (10-8-6-5-4-3-2-1).

Deadline Date for Returning Entries

Entries must be received by the Regional Meet Director, via the online registration program specified by the regional host, on or before May 10, 2018. **All Track Qualifying Standard Report Forms must be received by the WHSAA on or before May 8, 2018.**

WHSAA Rule 7.14.48 During the scratch session at the regional meet, a participant may be replaced by a participant from the same school; however, additions to the original entries may not be made. If qualifiers for the State Meet are unable to attend, an alternate may be named by the Region, however, that individual must either have participated in the finals at the Regional Meet or have met the qualifying standard.

Number of Entries in Regional Track Meets

1A -- Four (4) entries per event.

2A -- Four (4) entries per event.

3A -- Four (4) entries per event.

4A -- Four (4) entries per event.

One relay team per school per event.

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.

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.

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.

NOTE: There will be no pre-qualified relay teams in the 1600 Medley Relay. Top four teams from each Regional Meet will qualify for the State Meet. We will take the 6th place finish at the State Meet this year to establish a qualifying time for next year. The original formula will then be used in future years.

- 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 8, 2018). 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 8, 2018). 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.

NOTE: If there are any substitutions to a prequalified relay team, including for an injured participant, the relay team is no longer prequalified and must place in the top 4 in order to qualify for state.

- If a runner is injured, a replacement may be entered with approval of the Commissioner of the WHSAA.
- If an athlete is injured and an alternate replaces him/her, the injured athlete will not be allowed to participate in the State Meet.
- If an athlete is injured during the State Meet, he/she will not be allowed further participation.

State Qualifiers

As per WHSAA Rule 7.14.56 on page 71 of the 2017-18 WHSAA Handbook, "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 Regionals.**"

Regional Track Meets are qualifying meets by definition and will be run as such. It is important that coaches make sure that if they have an athlete(s) who qualifies by mark during the Regional Track Meet and does not qualify by place, that individual is entered in the State Meet by turning in the appropriate Track Qualifying Standard Report Form (A25) to the WHSAA office by 10:00 a.m. Sunday morning, May 13, 2018.

If a school has a qualifier who cannot participate in the State Track Meet, we ask that the coach from that school notify the WHSAA office by 10:00 a.m., Tuesday, May 15, 2018. If we have the information by that time, we can bring in alternates. After that time, no alternate will be included in the meet.

Please keep in mind that the only alternates who are allowed to fill-in "as the need arises" for the State Track Meet are those participants who actually participated in the Regional finals in the event in question.

Uniforms and Apparel

Participants must wear school issued uniforms. Field event competitors are required to use school issued uniforms. Competitors who are unable to be fitted for a uniform may wear school issued 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.

General Information

State Meet Heat & Flight assignments will be posted on our web page www.whsaa.org by Monday morning of State Track week. Please check this information and call the WHSAA office by 10:00 a.m. Tuesday with corrections.

Coaches are reminded that they are to remain in unrestricted areas at all times. Contestants are requested to remain away from the finish areas so that they do not obstruct the view of the spectators in the stands.

Unless fully automatic timing is used, times registered in one one-hundredth of a second must be rounded up to the next tenth of a second. (Example: 10.42 will be recorded as 10.5 unless fully automatic electronic timing is used.)



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

6571 E. 2ND STREET

CASPER, WY 82609

(307)577-0614

TO: REGIONAL TRACK MEET DIRECTORS
FROM: RON LAIRD, COMMISSIONER
DATE: APRIL 17, 2018
SUBJ: PREPARATION FOR REGIONAL TRACK MEETS

I hope you are looking forward to a great Regional Track Meet.

In order for the WHSAA to properly prepare for the upcoming Regional and State Track Meets, we need your cooperation in completing the following:

Please review the WHSAA handbook track rules. Regional Track Meets are by definition a qualifying meet for the State Track Meet and therefore all regulations that apply to regular season qualifying meets also apply to Regional Meets. The Starter, Meet Director, and Meet Referee must be registered track officials with the WHSAA office. The Clerk of Course, Head Finish Judge, and Head Field Judge must have attended the 2017-18 track rules clinic. All shots and discus must be weighed prior to competition to insure they are of legal weight. If any students surpass the 2018 Wyoming Track Qualifying Standards during the meet and do not qualify by place, they need to be entered in the State Meet by turning in their names and performances on a Track Qualifying Standard Report Form. Please see that all these individuals who qualify by mark at your Regional Track Meet are reported to the WHSAA office along with the individuals that qualify by place.

1. Eight places are scored at Regional and State Track Meets (10-8-6-5-4-3-2-1).
2. The WHSAA requires that all pole vaulters competing in the Regional Meet be weighed before the competition, and that checks be made to see that all vaulters vault with legal poles. 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.
3. Please send the WHSAA a time schedule and any other information sent to schools competing at the Regional Track Meet.
4. The WHSAA will be assigning starters for the Regional Track Meets. The WHSAA will pay the starter \$70 per day for the meet. All other personnel are to be supplied by the host school at no reimbursement from the WHSAA.
5. Meet Directors must purchase blank shells and may have the company bill the WHSAA.
6. Immediately following the track meet, on **Saturday**, back up the Hy-Tek database and **E-MAIL** it to the WHSAA office at: smccash@whsaa.org

Please make sure these results are complete, listing the state qualifiers, both last and first names, class, school, and marks achieved. Please also remember to list eligible alternates (these alternates must have competed in the finals).

7. Please return the financial statement form to the WHSAA following the meet along with a check in the amount of total gate revenues. The 15% school reimbursement will be refunded after taxes are paid by the WHSAA.

8. In the event there are ties for the last place state qualifier in field events at the Regional Track Meet, only TRUE ties will qualify the participants for the State Track Meet. Breaking ties will be done according to the methods described in the National Federation Track Rule book.
9. You should receive the official entry form from each school on or before May 8, 2018. The number of entries allowed for Regional Meets is as follows:

1A -- Four (4) entries per event.
2A -- Four (4) entries per event.
3A -- Four (4) entries per event.
4A -- Four (4) entries per event.
One relay team per school per event.

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.

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.

10. 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.**

NOTE: There will be no pre-qualified relay teams in the 1600 Medley Relay. Top four teams from each Regional Meet will qualify for the State Meet. We will take the 6th place finish at the State Meet this year to establish a qualifying time for next year. The original formula will then be used in future years.

11. Please remember that the 800, 1600 and 3200 meter races will be started in alleys with a one turn stagger except for the 3200 meter relay when there are eight or fewer teams.
12. Please review the ticket prices for Regional Track Meets (page 24 of the WHSAA Handbook).
13. 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 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.

Have a great track meet! If you should have any questions, please feel free to contact the WHSAA office: 577-0614.

REGIONAL DIRECTOR HY-TEK TRAINING: PLEASE CONTACT SCOTT MCCASH IF YOU HAVE ANY QUESTIONS (577-0614 (office) or 259-2848 (cell))