



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION  
3A & 4A INDOOR TRACK CHAMPIONSHIPS  
CAMPBELL COUNTY RECREATION CENTER FIELDHOUSE  
MARCH 5-7, 2026

**4A STATE INDOOR MEET SCHEDULE**

Wednesday, March 4:

4A Open Track Practice Times: 6:00pm - 9:00pm

Thursday, March 5:

No morning practices allowed.

12:00pm - Teams can arrive to set up their camps in the gym areas. Team Packet pickup Will be in the Hospitality room. Teams, please enter through the doors on the North end of the facility. Buses, park in the bus lot. Map included in the email.

12:15pm The Southeast Doors will open for fans. No fans will be allowed into the facility Before 12:15. Please communicate this to your fans.

12:30pm 4A Coaches meeting in the Hospitality room.

4A Running Events Girls first, then Boys

2:30pm Sprint Medley Relay Finals

3:15pm 3200 M Run Finals

4:15pm 400 M Finals

4:45pm 55 M Hurdle Prelims

5:15pm 55 M Dash Prelims

5:45pm 4 X 800 Relay Finals

6:30pm 200 M Dash Prelims

4A Field Events (Finals immediately after Prelims)

1:30pm Girls Triple Jump

1:30pm Boys Long Jump

1:30pm Girls Pole Vault

1:30pm Boys Shot Put

Approximately 4:00pm Boys High Jump (after LJ)

Medals for completed Finals events will be presented during the afternoon and evening.

\*\*\*3A Practice Times: 8:00pm - 9:30pm. 3A teams can work out during the listed times if desired. All teams will be expected to work together within the confines of the field house.

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## **4A STATE INDOOR MEET SCHEDULE**

Friday, March 6:

7:00am - Teams can begin arriving to set up their camps in the gym areas.

7:15am - The Southeast Doors will open for fans. No fans will be allowed into the facility before 7:15am. Please communicate this to your fans.

7:30am - 4A Coach meeting in the Hospitality room.

<u>4A Running Events</u> Girls first, then Boys	<u>4A Field Events</u> (Finals immediately after Prelims)
9:00am 4 X 200 Relay Finals	8:30am Boys Triple Jump
9:35am 800 M Run Finals	8:30am Girls Long Jump
10:20am 55 M Hurdle Finals	8:30am Boys Pole Vault
10:45am 55 M Dash Finals	8:30am Girls Shot Put
11:10am 200 M Dash Finals	Approximately 10:30am Girls High Jump (after LJ)
11:45am 1600 M Run	
12:30pm 4 X 400 Relay Finals	

Medals will be presented throughout the morning and Team Trophies will be awarded at the conclusion of the last event.

**3A Teams and Fans:** please follow the listed time schedule for arriving at the facility. One of the reasons for expanding the dates for the State meet is because of limited space for both teams and fans. The time schedule allows for the 4A teams and fans to depart, give the Rec Center custodial crew a moment to clean things up, and then have 3A teams and fans come in and get prepared for their meet. **We need to ask for your cooperation to not arrive until the listed times.** Thank you.

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**3A STATE INDOOR MEET SCHEDULE**

Friday March 6, 2026

No morning practices allowed.

1:00pm - Teams can arrive to set up their camps in the gym areas. Team Packet Pickup will be in the Hospitality room. Teams, please enter through the doors on the North end of the facility. Buses, park in the bus lot. Map included in the email.

1:15pm - The Southeast Doors will open for fans. No 3A fans will be allowed into the facility before 1:15pm. Please communicate this to your fans.

1:30pm 3A Coaches meeting in the Hospitality room.

3A Running Events Girls first, then Boys

3:30pm Sprint Medley Relay Finals

4:15pm 3200 M Run Finals

5:15pm 400 M Finals

5:45pm 55 M Hurdle Prelims

6:15pm 55 M Dash Prelims

6:45pm 4 X 800 Relay Finals

7:30pm 200 M Dash Prelims

3A Field Events (Finals immediately after Prelims)

2:30pm Girls Triple Jump

2:30pm Boys Long Jump

2:30pm Girls Pole Vault

2:30pm Boys Shot Put

Approximately 5:00pm Boys High Jump (after LJ)

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**3A STATE INDOOR MEET SCHEDULE**

Saturday, March 7:

7:00am - Teams can begin arriving to set up their camps in the gym areas.

7:15am - The Southeast Doors will open for fans. No fans will be allowed into the facility before 7:15am. Please communicate this to your fans.

7:30am - 3A Coach meeting in the Hospitality room.

3A Running Events Girls first, then Boys

9:00am 4 X 200 Relay Finals

9:35am 800 M Run Finals

10:20am 55 M Hurdle Finals

10:45am 55 M Dash Finals

11:10am 200 M Dash Finals

11:45am 1600 M Run

12:45pm 4 X 400 Relay Finals

3A Field Events (Finals immediately after Prelims)

8:30am Boys Triple Jump

8:30am Girls Long Jump

8:30am Boys Pole Vault

8:30am Girls Shot Put

Approximately 10:30am Girls High Jump (after LJ)

Medals will be presented throughout the morning and Team Trophies will be awarded at the conclusion of the last event.

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**Entries:** All entries for 4A must be completed on MileSplit by 7:00am, Thursday March 5th. Only scratches will be allowed and are due by 8:00am, on Thursday, March 5th. The 4A meet will be seeded at this time. All entries for 3A must be completed on Mile Split by 12:00pm, Friday March 6th. Only scratches will be allowed and are due by 2:00pm, on Friday, March 6th. The 3A meet will be seeded at this time.

**Open Track Times:** There will be open track for teams from 6:00-9:00pm on Wednesday, March 4th.

**Entry Limits:**

Maximum: 4 events per athlete

Maximum: 1 team entry per relay

Maximum: 4 athletes per team per event

Exception: Teams may enter more than 4 athletes per event if they **all** have met the qualifying standard.

**Implement & Pole Vault Weigh-Ins:** One hour before the start of the meet, 12:30pm on Thursday for 4A and 7:30am on Friday, and 1:30pm on Friday for 3A and 7:30am on Saturday. Implements will be weighed-in in the storage room underneath the Meet Results room (end of straightaway). Pole vaulters will weigh-in at the double doors to the left of the Training room behind the pole vault pit.

**Team Camps:** Will be located in the gyms to the west of the track & field area. Only athletes competing or warming-up will be allowed in the Field House. There are not to be team camps around the field event areas: Shot Put, LJ & TJ and HJ.

**NO spikes are allowed in the gym area.** Coaches are responsible to make sure their athletes remain in the team camp area in the gym when not competing or warming up. Please police/clean up your team area at the end of each day.

**Filming Areas:** Use of electronic devices to film or view with the athletes will only be allowed in the coaches' boxes or the grandstands. These two areas have been designated as the unrestricted areas.

**Spikes:** May be used only during competition. Only **3/16" pyramid spikes** are allowed; they will be inspected. NO spikes are allowed in the team camp gym area.

**Trainer:** A Certified Athletic Trainer will be available; water and ice will be provided. The training room is located at the North end of the Field House. Please bring your own training supplies.

**Coaches/Workers Meeting:** Coaches Meeting will be held at 12:00pm on March 5th in the hospitality rooms in the lobby area of the Field House. Workers meeting will take place at 1:00pm in the hospitality room.

**Seeding:** Heats will be seeded by times. A “no time” will be given to an athlete unless they have a current season recorded competition time in their entered event. Coaches need to be able to verify these times in case there is a challenge. According to **WHSAA Rule 7.14.81 and Rule 7.14.81.5**, open 800M times can be used to determine 4X800 relay seeding times for the State Indoor meet and open 400M times can be used to determine 3X400 relay seeding times.

**Scoring:** Scoring will be 10-8-6-5-4-3-2-1. Nine finalists will advance in the Triple Jump, Long Jump, and Shot Put. Eight finalists in the 55M Dash, 55M Hurdles, and the 200M. For the 200M, the fastest eighth times will advance to the finals. Two heats of four with the fastest times in the final heat.

**Starting Heights:**

Pole Vault: Boys: 4A: 10'0" & 3A 8'6"  
Girls: 4A: 8'0" & 3A 7'0"

High Jump: Boys: 4A: 5'6" & 3A: 5'4"  
Girls: 4A: 4'6" & 3A: 4'4"

**Field Events:** Field Events will run by class and gender (see schedule below). All prelims will be completed immediately followed by finals for the class/gender before moving to the next classification.

**Lane Assignments:** 200/400 will be 7-8-6-5-4-3.

**Facility/Running Events:** The track facilities consist of an eight-lane straightaway with a 30M deceleration zone and six 200M circular lanes. The order will run 3A girls, 3A boys, 4A girls, 4A boys in all events.

**Exchange Zone:**

**4X200M Relay:** The first exchange occurs between the acceleration mark (small red triangle) and the last red triangle in their lane, which is the 30 meter exchange zone. The following relay members exchange between the straight row of red triangle and the last blue line which is 30 meters for the exchange.

**Sprint Medley Relay:** The first exchange occurs between the acceleration mark (small red triangle) and the last red triangle in their lane, which is a 30Meter exchange zone. Second exchange occurs between the straight row of small red triangles and the last blue line which is 30 meters for the exchange. The following relay members exchange between the first blue line to the next blue line which is a 20meter exchange zone.

**Parking:** Parent and fan parking is available on the East and South sides of the Field House. Team buses may drop off athletes and equipment then park on the North side of the Field House, along State St. or College Dr. to the North of the Field House.

**Awards:** Medals for the top 8 in each event, of each classification, will be presented at the conclusion of the final of the event throughout the meet, at the awards stand. Campbell County High School and Thunder Basin High School cheerleaders will present medals to placers 2-8. The champion's coach will be asked to present the 1st place medal. Trophies will be awarded to the top 4 boys' teams and the top 4 girls' teams in each classification at the conclusion of the meet.

**Results:** Results will be available after the completion of the meet. Head results will be posted. Final results will be posted on the WHSAA website as well as on Mile Split. Live results will be streamed to the display board in the CCPRC Field House.

**Hospitality:** Coaches, workers and bus driver hospitality will be located in the conference room in the Field House lobby. The assigned number of wristbands will be in packets.

**T-Shirts:** Fine Designs will be selling memorabilia in the lobby of the Field House.

**Concessions:** Will be sold in the lobby of the Field House.

**Admission Cost:** If spectators plan on watching both meets, due to capacity restrictions, admission must be purchased separately for each meet.

4A Meet      Adults: \$8.00   Students: \$6.00

3A Meet      Adults: \$8.00   Students: \$6.00

# 2026 State Indoor Track Parking Map

## CAMPBELL COUNTY RECREATION CENTER

