



**WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION**

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TO: HEAD TRACK COACHES  
FROM: CHAD WHITWORTH, ASSOCIATE COMMISSIONER  
DATE: APRIL 3, 2024  
SUBJECT: REGIONAL TRACK INFORMATION

Regional qualifying track meets are scheduled to be held on the weekend of May 10-11, 2024. The 101<sup>st</sup> Annual Boys High School State Track Meet and the 54<sup>th</sup> Annual Girls High School State Track Meet will be the following week on May 16-18, 2024.

**BOYS AND GIRLS REGIONAL TRACK MEET SITES**

MAY 10-11, 2024

**Class 1A East Regional @ Sundance**

Meet Directors: Jen Stevens & Lance Hofland

Arvada-Clearmont	Chugwater
Hulett	Glendo
Kaycee	Guernsey-Sunrise
Midwest	H.E.M.
Upton	Rock River
	Southeast

**Class 1A West Regional @ Shoshoni**

Meet Director: Mark Gillies & Max Mills

Arapaho Charter	Burlington
Cokeville	Dubois
Encampment	Farson-Eden
Fort Washakie	Little Snake River
Meeteetse	Riverside
Saratoga	Ten Sleep

**Class 2A East Regional @ Sundance**

Meet Directors: Jen Stevens & Lance Hofland

Big Horn	Burns
Sundance	Lingle-Ft. Laramie
Tongue River	Niobrara County
Wright	Pine Bluffs

**Class 2A West Regional @ Shoshoni**

Meet Director: Mark Gillies & Max Mills

Greybull	Big Piney
Rocky Mountain	Kemmerer
Shoshoni	St. Stephens
Wind River	Wyoming Indian

**Class 3A East Regional @ Wheatland**

Meet Director: Cedric Philo

Buffalo  
Glenrock  
Moorcroft  
Newcastle  
Douglas  
Rawlins  
Torrington  
Wheatland

**Class 3A West Regional @ Mountain View**

Meet Director: Dustin Rees

Lovell  
Powell  
Thermopolis  
Worland  
Lander Valley  
Lyman  
Mountain View  
Pinedale

**Class 4A East Regional @ Cheyenne South**

Meet Director: Wendy Johnson

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

**Class 4A West Regional @ Rock Springs**

Meet Director: Byron Bolen

Casper Kelly Walsh  
Cody  
Riverton  
Rock Springs  
Evanston  
Green River  
Jackson  
Star Valley

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**

**All Out of State Track Qualifying Standard Report Forms must be received by the WHSAA on or before Monday, May 6, 2024.** Entries must be received by the Regional Meet Director, via MileSplit, on or before **the date requested by the Regional host.**

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, compete and score 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.
- 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 (On or before the date requested by the regional host). 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 (on or before the date requested by the regional host). 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 76 of the 2023-24 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 14, 2023. Handheld times will not be permitted for automatic qualifying marks.

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 14, 2024. 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 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.

### **General Information**

State Meet Heat & Flight assignments will be posted on our web page [www.whsaa.org](http://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.