



Mountain View High School - May 10-11, 2024

Schools: Lander, Lovell, Lyman, Mountain View, Pinedale, Powell, Thermopolis, Worland

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.

Entries

- Entries are due on <https://www.wy.milesplit.com/> by Wednesday, May 8th @ 11pm. Please be sure to list last names, first names, and grade level for each contestant.
- Please use the following WHSAA team abbreviations when entering your team:
 - o Lyman – LYM
 - o Mountain View – MTV
 - o Pinedale – PIN
 - o Lander – LAN
 - o Lovell – LOV
 - o Worland – WOR
 - o Powell – POW
 - o Thermopolis - THE
- Entries are restricted to four entries per team for individual events with one relay team per event.
- 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 scratch or replace one of his/her athletes with another of his/her athletes; however, additions to the original entries will not be made.

Timing

All running events will be timed using a FAT timing system, with handheld backup timers.

Running Events

- Spikes: 3/16" or less pyramid spikes are the only type of spikes allowed on the track.
- Prelims/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.
- Please have your athletes report to the Clerk of Course, RANDI EGLEY 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.
- All Relay teams need to submit a relay card to the clerk of course.
- 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.
 - o 1st Exchange: Lander/Lovell/
 - o 2nd Exchange: Lyman/Mountain View/Pinedale
 - o 3rd Exchange: Powell/Thermopolis/Worland
- Hurdle Judges: We will also need 1-2 coaches from each team to be hurdle judges. Please see the assignments below, we will have flags for you or you can bring your own.
 - o Flight 1: Lander
 - o Flight 2: Mountain View
 - o Flight 3: Pinedale
 - o Flight 4: Thermopolis
 - o Flight 5: Lovell
 - o Flight 6: Lyman
 - o Flight 7: Worland
 - o Flight 8: Powell
 - o Flight 9: (100H and 110H only)
 - o Flight 10: (100H and 110H only)

Field Events: Mountain View High School will be responsible for providing field event judges and workers for all field events.

- Throwing Events
 - o We will follow a 2-1 format with the top 9 qualifying for finals
 - o Finals will be 1-1-1 format thrown in reverse order
 - o Implement weigh-ins will take place at 11am on Friday and 8am on Saturday.
- Vertical Jumps
 - o Starting height for the pole vault and high jump will be determined at the coaches meeting.
 - o Pole Vault
 - All pole vault participants must be weighed-in and have their poles checked before the start of their competition by vertical jumps field event judge Jesse Hawk
 - Weigh-ins and pole checks will be located behind the stadium
 - Once there are four or fewer competitors, the bar will be raised in 3” increments.
 - o High Jump
 - We will follow a 5-alive format.
 - The bar will be raised in 2” increments.
- Horizontal Jumps
 - o Long/Triple Jump: Each jumper will get 3 jumps with the top 9 qualifying for finals.
 - o Finals will be 3 additional jumps.

State Qualifying and Awards

- State Qualifying and Awards
 - o The top eight place winners in each individual event and the top four relay teams will advance to the State Meet.
 - o The top eight place winners from each event, including relays, receive medal awards provided by the WHSAA.
 - o Award presentations for all events will follow closely after the posting of each event.
 - o Please have your athletes report to the awards area in the center of the football field to receive their medal when announced.
- Team Awards
 - o Eight places are scored at the Regional Meet (10-8-6-5-4-3-2-1)
 - o 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.

Team Camps

- Team camps are limited to the grass area directly behind the stadium along the chain link fence.
- Team camps will NOT be allowed on the infield.

Bus Loading/Unloading/Parking

- Buses should unload and load track athletes at the facility gate on 7th street (next to the pole vault pit). Buses can then park at the Baptist Church near the main entrance to Mountain View High School.

Other Information

- Admission: The WHSAA has set ticket prices at \$5 per day \$8 all session for adults and \$3 per day or \$5 all session for students.
- Locker rooms will not be provided.
- There will be a hospitality room for all coaches, meet workers, school administrators, and bus drivers in the Coach Kiefer's classroom (there will be signs)
- Concession will be available
- 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. Spectators will not be allowed on the infield. Coaches, please help us enforce this policy.
- Results will be posted on MileSplit 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.

2024 3A West Regional Track & Field

Friday, May 10

9:00 AM	Coaches Meeting (Kiefer's Room)
11:00 AM	Weigh-in Implements (At the Event) & Pole Vaulters (Behind the Stadium)
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 11

8:00 AM Coaches / Worker Meeting (Kiefer's)
Weigh-in Implements (At the Event)

9:00 AM Girls Shot Put **(Final)**
Boys High Jump **(Final)**
Girls Triple Jump **(Final)**

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

10:00 AM 100/110 Hurdles **(Final)**

10:30 AM 100 m **(Final)**

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

11:15 AM 300 Hurdle **(Final)**

12:00 PM 400 m **(Final)**

12:30 PM 1600 m **(Final)**

1:00 PM 200 m **(Final)**

1:30 PM 1600 (4 x 400m) Relay **(Final)**
Team Awards

2024 3A West Track and Field

Girls Coach of the Year Ballot

Coach: _____

School: _____

Boys Coach of the Year Ballot

Coach: _____

School: _____