



2024 4A East Conference Regional Track and Field Meet

May 10th & 11th, 2024

South High School

1213 Allison Rd

Cheyenne, WY 82007



**4A East Conference Meet Information
May 10th & 11th, 2024**

Host: *South High School*
Wendy Johnson – wendy.johnson@laramie1.org
Kate Tietjen – kate.tietjen@laramie1.org
Joe Brisbois – joe.brisbois@laramie1.org

Location: South High School Stadium

PLEASE - NO PETS WILL BE ALLOWED!

Entries: All entries submitted to Wy.Milesplit.com – 2024 4A East Regional
Due date: May 9, 2024

Coaches Meeting:

There will be a coach's meeting Friday, May 10th at 10:00am in the Hospitality garage, located on the west side of the stadium by concessions. You will be able to pick up team packets at that time.

All Track Equipment Info:

- Only ¼" pyramid spikes are allowed.
- All implements will be weighed in the South Ticket Booth on the east side of the stadium complex.
- All pole vaulters must weigh in prior to competition in the Ticket Booth at 10:30am. 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: South 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.**

- **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.
- **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 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 7.14.53
- **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.
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*****Each school may have only one relay team per relay event at the regional and state meet.**

- 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 if students are eligible by all WHSAA rules and do not surpass individual event limits.
- 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 6, 2024). The relay team then places in the top four at a Regional Meet. The coach is free to make substitutions for the State Meet if students are eligible by all WHSAA rules and do not surpass individual event limits.
- 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 6, 2024). 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:

- In Regional Track Meets nine athletes qualify for the finals in shot put, discus, long jump, and triple jump.
- 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.
- 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 West stands.

Concessions: Concessions will be available throughout the meet and are located on the west side of the complex.

Hospitality: Located in the garage south of the concession stand on the west side of the complex. Hospitality is for coaches, bus drivers, workers, and school administrators.

Regional swag: *WyoKreations* has set up an online store to pre-order t-shirts and hoodies and other gear. They will also be on-site throughout the meet for last minute purchases. The store link is: <https://4aregionaltrack2024.itemorder.com>

Locker Rooms: The south locker room on the west side of the complex (off Cribbon) will be designated for boys and the north locker room will be for girls. Locker rooms will NOT be secured, and no items should be left inside. Bathrooms are on the east and west side of the stadium.

Athletic Trainer: South Athletic Trainer, Eric Su, will be available for your athletes at the north end of the west stands in the trailer, marked A.T. on the facility map.

Team Camps: Team camps may not be in the infield or bleachers. Camps will be set up on the grass practice field south of the stadium (that driveway will be blocked off for traffic). We ask that you are respectful and mindful of other teams and keep your trash cleaned up. (**SEE MAP BELOW**)

Meet Management: Athletes will not be allowed on the infield except for athletes who are competing or warming up. Field event coaches must be inside the coaching box.

Bus Parking: For Friday buses may drop athletes off at the west side of the complex (on Cribbon Ave.) Buses should park in the teacher parking lot located at the east end of campus. Saturday buses may park in the student parking lot or teacher lots. **DO NOT** park in the bus circle at the west end of the main building. This will be blocked off. (**SEE MAP BELOW**)

Spectator Ticket Prices:

Per Day:
\$5.00/adult
\$3.00/student

All Sessions:
\$8.00/adult
\$5.00/student

Please use the link below to purchase tickets.

GoFan - <https://gofan.co/app/school/WY71896>

Results: Live results on MileSplit will be available. Results will be available on the WHSAA website at the end of each day. Results will also be taped to the southeast exterior wall of the building by the concession stand.

Personnel:

Director	Wendy Johnson
Referee	John Binning
Announcer	Steve McDonald
Starter	John Binning
Clerk of Course	Barry Ward
Head Field Judge	Jason Woodard/Joe Brisbois
Check In Station	Jeff Downham
Head Timer	Nick Lamp
Hospitality	Shelly Downham
Pole Vault	Thunder Basin
Shot Put	CCHS
Discus	CCHS
Blocks	South High
Hurdle Judges (2 people per set)	Sets 1 & 2 – South Sets 3 & 4 – Laramie Set 5 – East Set 6 – Thunder Basin Set 7 – Campbell Co. Set 8 – Central Set 9 – Natrona Co. Set 10 - Sheridan
Exchange Zone Judges	Zone 1 – TBHS/CCHS Zone 2 – East/Central Zone 3 – Natrona Co./Sheridan
High Jump	Laramie High School
Long Jump	Tim Woodard
Triple Jump	Tim Woodard

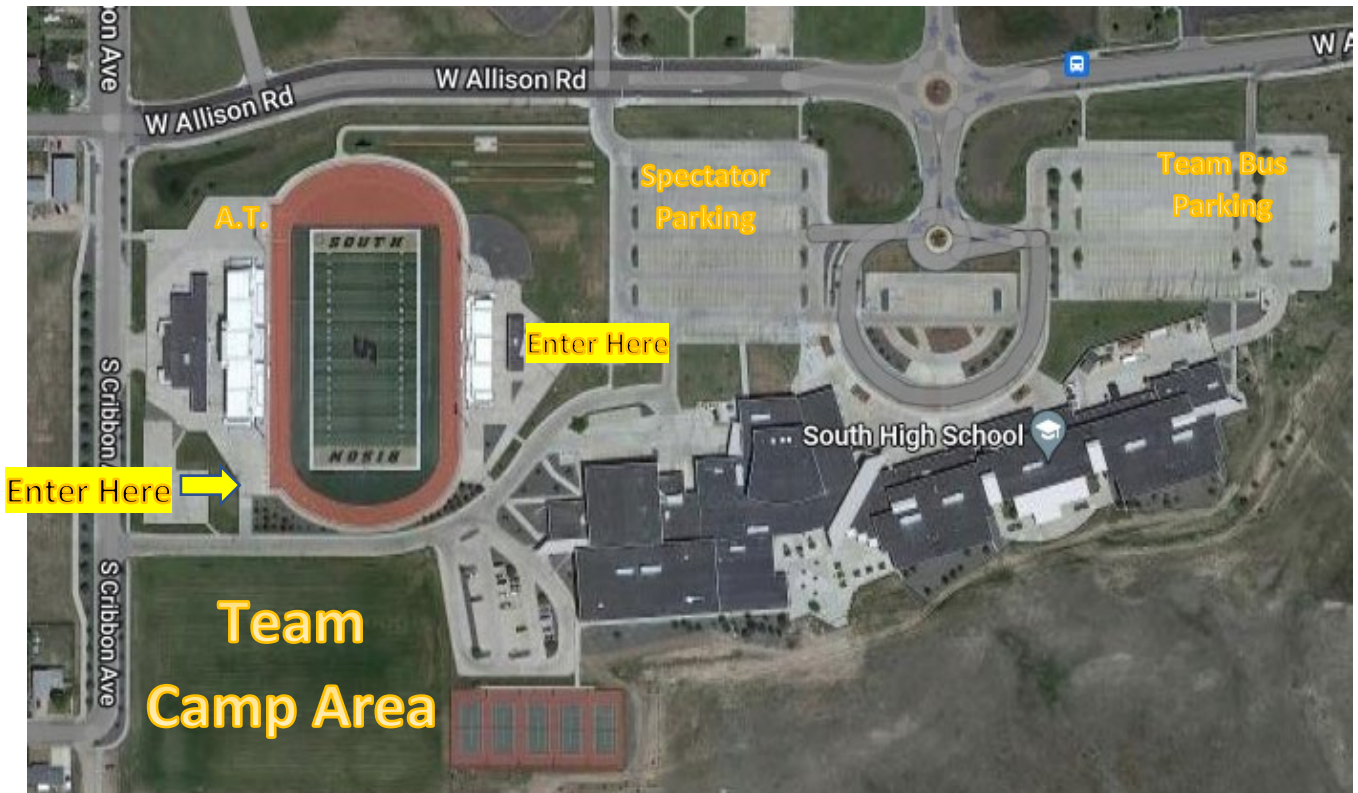


BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR
VISIT [GOFAN.CO](https://gofan.co) & SEARCH
SOUTH HIGH SCHOOL



Friday, May 11, 2024



Bus Parking: East Faculty lot during the school day, Friday.

Once school is out, after 3 PM, busses are welcome to park in our student lot/spectator parking.

Saturday, May 12th



Entrances into the venue, Athletic Trainer station, will be the same and team camp area is the same.



EMERGENCY ACTION PLAN

RESPONSE PROTOCOL – Regional / State Tournament Information

Event:	Regional Track and Field Meet
Site:	South High School
Emergency Contact 1:	911
Emergency Contact 2:	ATC (see below)
Responder:	Eric Su
Responder:	
Responder:	Coaches
AED Location:	AED will be located at the stadium
EMS Access Point:	Northwest access, off of Cribbon.
EMS Cross Street:	
Add'l Information:	

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