



**“BEST OF THE BEST” Middle School Track Meet**  
**Outlaw Stadium - Rawlins, WY**  
**Tuesday, May 7, 2019**

Rawlins Middle School is excited to host the 2019 “Best of the Best” Middle School Track Meet this year. This track meet is an opportunity for top middle school track performers to compete against top athletes from schools around Wyoming. Athletes will have to meet qualifying marks to compete in this meet. The mark must be entered in RunnerCard in order to compete. Entries should be on RunnerCard by Monday, May 6 at 4:00 p.m.

**The following rules will apply -**

- Team scores will not be kept.
- Limit of five entries per athlete.
- 6th Graders will compete in the 7th Grade division - there will be no 6th Grade division.
- A qualifying mark must be entered for each athlete. If no mark is entered, the athlete will be scratched.
- All heats will be staged at the north end of the track.
- All running events will be timed finals.
- We will run 100M Hurdles.
- The 200M Hurdles will be run on the 300M staggers.
- Schools may bring one relay team per grade and gender.
- Besides the high jump, athletes will be given three throws or jumps.
- As we will have school going on, please park buses by the empty field to the west of the high school.

If you have any questions or concerns, please contact us. Thank-you.

**Frank Arce**

*Head Middle School Track*  
307-328-9205

**Derik Chandler**

*Head Middle School Track*  
307-328-7900

**Sandy Jebens**

*Activities Director*  
307-328-9280

**FIELD EVENTS will begin at 11:00 a.m. The order will be as follows:**

**High Jump** - 7th Grade Boys  
8th Grade Boys  
7th Grade Girls  
8th Grade Girls  
**\*2" increase per round**

**Long Jump** - 8th Grade Boys  
7th Grade Boys  
8th Grade Girls  
7th Grade Girls  
**\*3 jumps - all jumps final**

**Triple Jump** - 7th Grade Girls  
8th Grade Girls  
7th Grade Boys  
8th Grade Boys  
**\*3 jumps - all jumps final**

**Shot Put** - 8th Grade Boys  
7th Grade Boys  
8th Grade Girls  
7th Grade Girls  
**\*3 throws - all throws final**

**Discus** - 7th Grade Girls  
8th Grade Girls  
7th Grade Boys  
8th Grade Boys  
**\*3 throws - all throws final**

**Pole Vault** - 7th Grade Girls  
8th Grade Girls  
7th Grade Boys  
8th Grade Boys  
**\*6" increase per round**

**RUNNING EVENTS will start at 12:30 p.m. The order will be -**

7th Grade Girls  
8th Grade Girls  
7th Grade Boys  
8th Grade Boys

**12:30 p.m.** 1600 M Run  
100M Hurdles                      Girls - 30"      Boys - 33"  
100 M Dash  
400M Dash  
400 M Relay  
200M Hurdles                      (using 300M staggers)  
800 M Run  
200M Dash  
800 M Relay  
1600 M Relay

## 2019 BEST OF THE BEST QUALIFYING MARKS

<b>Event</b>	<b>7th Grade Girls</b>	<b>8th Grade Girls</b>	<b>7th Grade Boys</b>	<b>8th Grade Boys</b>
<b>100M Dash</b>	<b>14.51</b>	<b>13.93</b>	<b>13.01</b>	<b>12.81</b>
<b>200M Dash</b>	<b>30.55</b>	<b>29.49</b>	<b>28.68</b>	<b>26.9</b>
<b>400M Dash</b>	<b>1:10.11</b>	<b>1:08.93</b>	<b>1:06.54</b>	<b>1:01.4</b>
<b>800 M Run</b>	<b>2:51.83</b>	<b>2:50.07</b>	<b>2:39.46</b>	<b>2:30.84</b>
<b>1600 M Run</b>	<b>6:15.93</b>	<b>6:10.05</b>	<b>5:50.00</b>	<b>5:40.27</b>
<b>100M Hurdles</b>	<b>20.21</b>	<b>19.93</b>	<b>18.8</b>	<b>18.4</b>
<b>200M Hurdles</b>	<b>35.74</b>	<b>35.37</b>	<b>33.37</b>	<b>31.43</b>
<b>High Jump</b>	<b>4-02.00</b>	<b>4-04.00</b>	<b>4-08.00</b>	<b>5-00.00</b>
<b>Long Jump</b>	<b>12-06.25</b>	<b>13-5.25</b>	<b>14-06.00</b>	<b>15-06.00</b>
<b>Triple Jump</b>	<b>26-00.75</b>	<b>27-03.00</b>	<b>29-00.00</b>	<b>32-09.00</b>
<b>Pole Vault</b>	<b>6-0</b>	<b>6-0</b>	<b>7-0</b>	<b>7-6</b>
<b>Shot Put</b>	<b>22-02.75</b>	<b>24-00.00</b>	<b>30-11.00</b>	<b>37-00.00</b>
<b>Discus</b>	<b>61-00.00</b>	<b>66-66.00</b>	<b>82-05.00</b>	<b>107-03.00</b>