



“BEST OF THE BEST” Middle School Track Meet

Outlaw Stadium - Rawlins, WY

Tuesday, May 11th, 2021

Rawlins Middle School is excited to host the 2021 “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 10th 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, and pole vault athletes will be given three throws or jumps.
- As we will have school going on, please park buses by the field on 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

Kasey Garnhart

Activities Director

307-328-9280

FIELD EVENTS will begin at 10:00 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 - 7th Grade Boys
8th Grade Boys
7th Grade Girls
8th Grade Girls
***3 throws - all throws final**

Discus - 8th Grade Girls
7th Grade Girls
8th Grade Boys
7th 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 11:30 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
800 M Medley
200M Hurdles (using 300M staggers)
800 M Run
200M Dash
800 M Relay
1600 M Relay

2021 BEST OF THE BEST QUALIFYING MARKS

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