

Mick Tonkel Track & Field Classic Track Meet
Saturday, April 13, 2019
Upton, Wyoming

Thank you for your participation in the Mick Tonkel Classic Meet. This has been a very competitive track meet for many years due to assistance from coaches of all the teams, so we appreciate your effort to help as well as your commitment to making your program better. It is a qualifying meet for high school, and it will also include a meet for junior high.

Date: April 13, 2019

MEET DIRECTOR: Jim O'Connor (307-290-0769) ojconnorj@crook1.com

Entries: All entries need to be in by Friday, April 12 at 7:00 PM using Runnercard.com. We will not allow athletes to be added the day of the meet. If you have any questions please feel free to contact me.

*** WE WILL NOT BE CHARGING AN ENTRY FEE FOR THIS MEET, BUT WE WILL ASK EACH SCHOOL TO HELP WITH AN EVENT.**

Scratch Meeting: 8:15 with Jim O'Conner in the crow's nest.
Weigh in for shot and discus at 8:15 at the crow's nest.

We will be asking for help running field events and timing. Thank you for your assistance in this.

Facilities

SURFACE AREA: THE TRACK AND RUNWAY AREAS ARE RUBBERIZED; **ONLY** PYRAMID SPIKES MAY BE WORN.

RINGS: The shot and discus rings are cement.

EQUIPMENT: Starting blocks will be provided.

TEAM CAMPS: Team Camps should be located on the grass areas next to the school. Team Camps may not be on the infield (Football field). Please keep the area picked up during and after the meet.

DRESSING FACILITIES: The locker rooms will be closed during the meet, so please come ready to run. We do have restrooms available in the concession stand building.

***PLEASE PARK BUSES IN THE LOT IN FRONT OF THE HIGH SCHOOL**

Meet Information

- ❖ ***ALL RUNNING EVENTS ARE FINALS***
- ❖ This is a Qualifying meet.
- ❖ **FIELD EVENTS:** For high school weight events, throwers will have 30 minutes to beat the qualifying mark for entry into the regular event. The qualifying mark will be determined by the distances entered. For long and triple jump, we will be allowing each athlete to have four jumps with no finals.
- ❖ The meet is on Runnercard.com under Mick Tonkel Classic. (Should be up by Monday, April 16)
- ❖ Each participant will be limited to four events. Additionally, there will be a limit of 4 athletes you can register per event for each level (Boys HS, Girls HS, Boys JH, Girls JH).
- ❖ We will be asking the following schools to help with the following events:
 - Pole Vault- Upton
 - Discus- Arvada/Clearmont
 - Shot- Upton
 - Triple Jump- Lusk
 - High Jump- Upton
 - Long Jump- Moorcroft
- ❖ Ribbons for 1st - 3rd
- ❖ We will score 8 and take 9 to finals in all field events that require finals.
- ❖ We will have lunch for the coaches and workers around 12:30 in the high school. The schedule has a built in break, but if events are running behind, the break may be shortened.

Good luck to everyone, and let's have a nice day.

Beau Garcia
Athletic Director
Upton High School

Schedule of Events

Field Events Order

9:00 AM

Shot Put – JH Boys / JH Girls / HS Girls / HS Boys
Discus – HS Girls / HS Boys / JH Girls / JH Boys
High Jump – HS Girls / HS Boys / JH Girls / JH Boys
Triple Jump – Runway #3- JH Girls / JH Boys
Runway #4 – HS Girls / HS Boys
Pole Vault – HS Boys / HS Girls / JH Boys / JH Girls
Long Jump – Runway #1- JH Boys / JH Girls
Runway #2 – HS Boys / HS Girls

*NOTE – CHANGES MAY BE MADE DUE TO WEATHER OR WIND FACTORS. WE WILL BE ALLOWING 90 MINUTES FOR EACH DISCUS COMPETITION. JUNIOR HIGH ATHLETES ARE ALLOWED TO COME AND THROW AT ANY TIME DURING THE 90 MINUTE SESSION. We will run all JH Girls 100 Hurdles at 30” and all JH Boys 100 Hurdles at 33”. The 200 Hurdles will all be run at 30”.

Running Events

10:00 AM

***Order, unless otherwise noted, will start with 7th grade followed by 8th grade and then HS.**

*10:00 AM	4 X 800 Relay (HS Girls / HS Boys)
*10:30 AM	800 Medley Relay (JH Girls / JH Boys)
100 Hurdles	JH Girls/HS Girls/JH Boys
110 High Hurdles	HS Boys
100 m Dash	Girls/ Boys
1600 m Run	Girls/Boys
4 x 100 (400) m Relay	Girls/Boys
400 m Dash	Girls/Boys
1600 Medley Relay	HS Girls/HS Boys

*Break – 30 minute lunch break after the 1600 Medley unless there is a weather concern.

200 m Hurdles	JH Girls/JH Boys
300 m Hurdles	HS Girls/HS Boys
800 m Run	Girls/Boys
200 m Dash	Girls/Boys
3200 m Run	HS Girls/HS Boys
4 x 400 (1600) m Relay	Girls/Boys