



Evanston High School

701 West Cheyenne Drive

Evanston, WY. 82930

307-789-0757

2018 Evanston/Davis Middle School Track Meet

Friday April 27th, 2018

Welcome to the Evanston/Davis Middle School track meet. This meet is going to be ran using the RunnerCard entry software, the Hytek Meet Manager software, and the FinishLynx automatic timing system. Entries for your athletes should be completed on RunnerCard by 11:00 pm Thursday April 26th. To keep the meet competitive, please provide seed times/scores for your top athletes so we can put them into the appropriate heats/flights.

- There will be a coaches meeting at 11:30am held in the brown shed at the starting line.
- Final event scratch/add will be completed from 10:30 to 11:30 am in the stadium press box.
- Busses can load/unload and park in the North parking lot closest to the track.
- Locker rooms are available in the high school. Each school will be responsible for their own valuables.
- Throwing implements will be provided for the athletes to use at each ring.
- 3/16 spikes are allowed.
- No team camps allowed on the infield. All teams are responsible to clean up their area at the completion of the meet. Trash bags will be available, team camps may be assigned.
- All races will be timed finals, see order of events.
- **Throws:** Each throwing event will be 3 throws per athlete with no finals. Athletes will throw all 3 throws at once and will score the farthest. The shot put and discus will be open pit for approximately 2 hours. Athletes are responsible to complete their throws in the allotted time or will be scratched.
- **Horizontal Jumps:** Each participant will be allowed 3 jumps with no finals. The jumping pits will be open pit for approximately 2 hours. Athletes are responsible to complete their jumps in the allotted time or will be scratched.
- **Vertical Jumps:** Starting heights will be set at 3'8" 7th grade girls, 3'10" 8th grade girls, 4'0" 7th grade boys, 4'2" 8th grade boys. Athletes will be given 15 minutes to clear the opening height and that will get them on the list, then the event will be run as normal.
- Concessions will be available.

Schedule of Events

***TIMES ARE ESTIMATES* Meet will move forward as heats allow.**

10:30 - 11:30 AM	Scratch/Add Meeting located in the stadium press box.
11:30 AM	Coaches Meeting at the brown shed by the starting line.
12:00 PM	All field events.
<u>1:00 PM</u>	1600 Meter Run (Girls/Boys)
<u>2:00 PM</u>	100 Meter Hurdles (Girls 30", Boys 33")
TBA	100 Meter Dash (Girls/Boys)
TBA	400 Meter Dash (Girls/Boys)
TBA	400 Meter Relay (Girls/Boys)
TBA	200 Meter Hurdles (Girls/Boys)
TBA	200 Meter Dash (Girls/Boys)
TBA	800 Meter Run (Girls/Boys)
TBA	800 Meter Relay (Girls/Boys)
TBA	1600 Meter Relay (Girls/Boys)

ALL TIMES ARE ESTIMATES AND WILL BE ADJUSTED AS THE MEET PROGRESSES!

Field Events will run as follows:

12:00

7th boys long jump (top pit), 7th boys triple jump will follow completion of long jump

7th girls long jump (south pit), 7th girls triple jump will follow among completion of long jump

8th girls long jump (north pit), 8th grade boys follow

8th grade girls will follow 7th grade girls triple jump (south pit)

8th grade boys will follow 7th grade boys triple jump (top pit)

--we will try to leave the north pit clear after the 8th grade long jump for the start of the hurdle races

8th grade boys high jump, 7th grade boys, 8th grade girls, 7th grade girls

Discus 8th boys, 8th girls both rings-we will flip flop after completion (8th shot, 7th disc)

Shot Put 7th boys, 7th girls both rings-we will flip flop after completion (7th disc, 8th shot)