



Evanston High School

701 West Cheyenne Drive

Evanston, WY. 82930

307-789-0757

2021 Evanston Earlybird Middle School Track Meet

Thursday April 1st, 2021

Welcome to the Evanston Earlybird Middle School track meet. Entries for your athletes should be completed on RunnerCard by 8:00 pm Wednesday March 31st. 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 shed at the starting line.
- Running event scratch/add will be completed from 10:30 to 11:30 am in the stadium press box. Field events can be scratched at the event.
- 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.** Team camps will be located in the stands attached to the press box. All teams are responsible to clean up their area at the completion of the meet. Trash bags will be available.
- 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:
 - 3'-4" 7th grade girls
 - 3'-6" 8th grade girls
 - 3'-6" 7th grade boys
 - 4'-0" 8th grade boysAthletes will be given 30 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.



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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 shed by the starting line.
12:00 PM	All field events.
<u>1:30 PM</u>	1600 Meter Run (Girls/Boys)
2:00 PM	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: Starting at 12:00

- **Top Pit:** 7th boys long jump. 7th boys triple jump will follow upon completion of long jump. 8th grade boys triple jump will follow the 7th grade triple jump.
- **South Pit:** 7th girls long jump. 7th girls triple jump will follow upon completion of long jump. 8th grade girls triple jump will follow the 7th grade triple jump.
- **North Pit:** 8th girls long jump. 8th grade boys follow.

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

- **High Jump:** 8th grade boys, 7th grade boys, 8th grade girls, 7th grade girls
- **Discus:** 8th boys in the big ring, 8th girls in the small ring. 7th grade discus after.
- **Shot Put:** 7th boys in ring #1, 7th girls in ring #2. 8th grade shot put after.

Evanston High School will provide student workers for the field events, but each school will be responsible to provide one coach as the event judge. Event assignments will be given at the time of the coaches meeting.