

CAMPBELL COUNTY HIGH SCHOOL



ACTIVITIES

1000 Camel Drive
Gillette, Wyoming 82716
307-687-0369 FAX: 307-687-0032



To: Activity Directors
1A-2A-4A East Track Coaches

From: Cliff Hill
Director of Activities
Campbell County High School

Re: East Regional Track Meet

Campbell County High School is honored to host the 2017 1A-2A-4A East Regional Track Meet on May 12 & 13, 2017. If you have any questions or concerns please call me at 307-687-0369 or e-mail me at chill@ccsd.k12.wy.us.

Regional Meet Schedule

Friday, May 12th Field and running events begin at 9:00 am.
Last running event begins at 5:00 pm.

Saturday, May 13th Field and running events begin at 9:00 am.
Last running event begins at 4:30 pm.

Entries

All entries must be entered on RunnerCard at www.runnercard.com by 2:00 p.m. on **Thursday, May 11th**. Any changes to original entries must be faxed (687-0032) or emailed (tchick@ccsd.k12.wy.us) by 4:00 pm on Thursday, May 11th. Each competitor is limited to four events. Teams are allowed four (4) entries per event.

Scratches

All scratches and substitutions are due by 8:00 a.m. Friday, May 12th. These must be made at the top level of the press box no later than 8:00 a.m.

Coaches Meetings

The 4A coaches meeting will be held Friday, May 12th at 8:00 a.m. in the upper level of the press box. The 1A & 2A coaches meeting will be held at Friday, May 12th at 8:00 a.m. in the lower level of the press box.

Finals

The first place finisher from each heat and the next fastest times (regardless of heat) to fill a field of eight will qualify to the finals.

Scoring

Scoring will be 10-8-6-5-4-3-2-1.

Awards

Awards will be given to coaches at the end of the meet.

Spikes

No one will be allowed on the track unless they have 3/16" or less pyramid spikes or running flats.

Concessions

Concessions will be provided under the stadium.

Hospitality Room

A hospitality room will be available on the lower level of the press box for coaches, bus drivers, workers, and school administrators. **No students please.**

Locker Rooms

Locker rooms will be available at Campbell County High School for changing and showering only. Please do not leave valuables in the locker rooms. Campbell County High School and Campbell County School District #1 will not be responsible for any items that are left in the locker room. Campbell County School District #1 will not be providing towels for the track meet.

Training Room

A training room will be available in Campbell County High School. Please bring your own training supplies. Ice will be available on the field for injuries.

Meet Management

All spectators and coaches are asked to remain in the stands or outside the fenced track area and on the east side of the rope by the shot put/discus area.

Bus and Spectator Parking

Buses can park in the lot to the east of the track.

Admission Fees

As per WHSAA regulations, admission will be charged:

Adults
\$5.00 per day

Students
\$3.00 per day

Field Events**Friday, May 12**

- 8:00 a.m. Implement and vaulter weigh-ins under the south end of the stadium.
- 9:00 a.m. 4A Boys Pole Vault
1A Girls High Jump
4A Girls Long Jump
1A Boys Triple Jump
4A Boys Discus
2A Shot Put-Girls
- 11:30 a.m. 4A Girls Pole Vault
4A Girls High Jump
1A Girls Long Jump
2A Boys Triple Jump
2A Boys Discus
1A Girls Shot Put
- 2:00 p.m. 1A Boys Pole Vault immediately followed by 1A Girls
2A Boys High Jump
4A Boys Long Jump
2A Girls Triple Jump
1A Boys Discus
4A Girls Shot Put

Running Events

Please note that all running events follow this sequence: 1A Girls, 2A Girls 4A Girls, 1A Boys, 2A Boys, 4A Boys.

Friday, May 12

9:00 am	Girls/Boys	800 M Run	Finals
9:40 am	Girls	100 M Intermediate Hurdles	Prelims
	Boys	110 M High Hurdles	Prelims
10:40 am	Girls/Boys	100 M Dash	Prelims
11:30 am	Girls	300 M Low Hurdles	Prelims
	Boys	300 M Intermediate Hurdles	Prelims
Lunch			
2:00 pm	Girls/Boys	200 M Dash	Prelims
2:45 pm	Girls/Boys	3200 M Run	Finals
4:15 pm	Girls/Boys	400 M Relay	Finals
5:00 pm	Girls/Boys	400 M Dash	Prelims

Field EventsSaturday, May 13

8:00 a.m. Implement and vaulter weigh-ins under the south end of the stadium

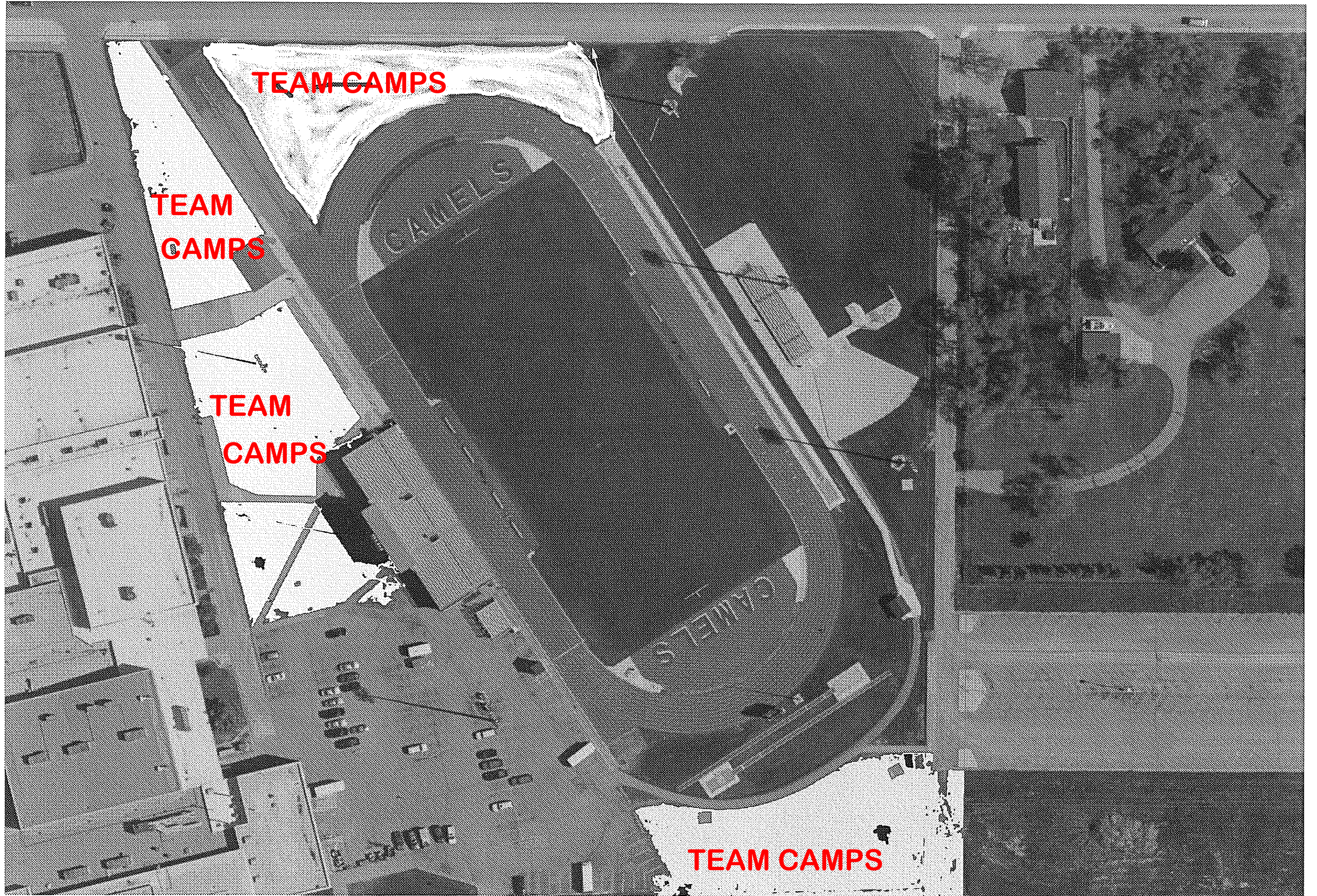
9:00 a.m. 2A Boys Pole Vault
1A Boys High Jump
2A Boys Long Jump
4A Boys Triple Jump
4A Girls Discus
2A Boys Shot Put

11:30 a.m. 2A Girls Pole Vault
4A Boys High Jump
2A Girls Long Jump
1A Girls Triple Jump
2A Girls Discus
1A Boys Shot Put

2:00 p.m. 2A Girls High Jump
1A Boys Long Jump
4A Girls Triple Jump
1A Girls Discus
4A Boys Shot Put

Saturday, May 13

9:00 am	Girls/Boys	3200 M Relay	Finals
10:00 am	Girls	100 M Intermediate Hurdles	Finals
	Boys	110 M High Hurdles	Finals
11:15 am	Girls/Boys	100 M Dash	Finals
Lunch			
1:00 pm	Girls/Boys	400 M Dash	Finals
1:35 pm	Girls/Boys	1600 M Run	Finals
3:00 pm	Girls	300 M Low Hurdles	Finals
	Boys	300 M Intermediate Hurdles	Finals
3:30 pm	Girls/Boys	200 M Dash	Finals
4:30 pm	Girls/Boys	1600 M Relay	Finals



TEAM CAMPS

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CAMPS

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CAMPS

TEAM CAMPS

2017 **4A** East Regional
Track and Field

GIRLS
COACH OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

BOYS
COACH OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

****Return to Cliff Hill by 2:00 pm on Saturday, May 13, 2017.**

2017 2A East Regional
Track and Field

GIRLS
COACH OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

BOYS
COACH OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

GIRLS
ATHLETE OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

BOYS
ATHLETE OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

****Return to Pat Neely by 2:00 pm on Saturday, May 13, 2017.**

2017 1A East Regional
Track and Field

GIRLS
COACH OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

BOYS
COACH OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

GIRLS
ATHLETE OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

BOYS
ATHLETE OF THE YEAR NOMINATION

SCHOOL_____

COACH_____

****Return to Susan Rodabaugh by 2:00 pm on Saturday, May 13, 2017.**