



**WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION
STATE INDOOR TRACK CHAMPIONSHIPS
UNIVERSITY OF WYOMING
FIELD HOUSE**

March 5-6, 2010

Entries – All entries must be completed on Runnercard.com by Wednesday, March 3rd. No additions will be accepted after 4:00 p.m. on March 4th. Only scratches will be allowed on Friday, March 5th.

Maximum: 4 entries per athlete

Maximum: 1 entry per relay

Maximum: 6 athletes per team per event; 8 per event in the Shot Put

Weigh-Ins – 1 hour before the start of the meet

Admission Costs – **Day Pass:** **\$4.00 for adults** **\$2.00 for students**
 All Session: **\$6.00 for adults** **\$4.00 for students**

Coaches/Scratch Meeting at 12:00 pm, March 5th – Field House

Any changes need to be completed by 4PM, Wednesday, March 3, 2010

Only scratches will be allowed on Friday, March 5th

Scoring- 10-8-6-5-4-3-2-1, nine finalists in the Triple and Long Jump with one additional jump (due to limitations)

9 finalists in the Shot Put

12 finalists in the 55m, 55 hurdles and 200m – fastest times to finals-two final heats

Medals – Top 8 in each event

Trophies – Top 4 Boys Teams and Top 4 Girls Teams

No Spikes are allowed on the infield of the track AT ANY TIME. Spikes may be used during competition ONLY. Only 3/16” spikes are allowed; they will be inspected.

The High Jump will be on the infield, therefore **NO SPIKES WILL BE ALLOWED FOR THE HIGH JUMP.**

Only athletes competing will be allowed on the floor.

Indoor track facilities consist of a six-lane, 42 inch wide (per lane) straightaway, with four circular lanes for longer events (1600 meters).

Team Camps will be located in the west stands of the field house. Access is provided by the stairways in both the northwest and southwest corners. Please, police your area at the end of the meet.

Timing system will be by Finish Lynx.

Results will be available after the completion of the meet. Heat results will be posted in the hallway. Final results will be posted on the WHSAA website as well as on Runnercard.com.

Heats will be seeded by time. All heat times sent in must have been run during this year's indoor season, or athlete will be seeded as a "no time". Coaches need to be able to verify these times in case there is a challenge.

T-Shirts from Shirts & More will be available to buy at the meet.

Concessions will be sold on the Northwest side

Trainer- Certified Athletic Trainer will be available; water and ice will be provided. **Please bring your own training supplies**

Parking- East side of the stadium. Please stay out of the parking lot south of the field house. A shuttle will run from the baseball stadium on Saturday for fans. Team busses may drop off athletes and equipment at the field house. Busses may park on 15th street across from the UW Ticket Office.

Meet Director – For any questions or additional information contact Jeff Lewis @ (307) 721-4427.



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Indoor State Schedule

Friday: March 5th 2010

Track Events will be on a Running Schedule

1:00 PM 1600m Finals
 400m Finals
 55 hurdle Prelims
 55m Prelims
 200m Prelims
 4X800m Relay Finals

Field Events

1:00 Boys Long Jump (Girls follow)
 Girls Pole Vault
 Boys High Jump
 Girls Shot Put

Saturday: March 6th 2010

Track Events will be on a Running Schedule

8:30 AM 800m Finals
 55 hurdle Finals
 55m Finals
 200m Finals
 3200m Finals
 4X400m Relay Finals

Field Events

8:30 Girls Triple Jump (Boys follow)
 Girls High Jump
 Boys Shot Put
 Boys Pole Vault

Running Events: Boys will precede the Girls running events