

# ***SOUTH HIGH SCHOOL***



1213 W. Allison Rd.  
Cheyenne, WY 82007  
307-771-2410 Fax 307-771-2420

---

To: Activity Directors  
4A East Track Coaches

From: Scott Noble  
Director of Athletics  
Cheyenne South High School

Re: East Regional Track Meet

South High School is honored to host the 2014 4A East Regional Track Meet on May 16 & 17, 2014. If you have any questions or concerns please call me at 307-771-2410 or e-mail me at [nobleesc@laramie1.org](mailto:nobleesc@laramie1.org).

## **Regional Meet Schedule**

**Friday, May 16<sup>th</sup>** Field and running events begin at 9:00 am.  
Last running event begins at 5:00 pm.

**Saturday, May 17<sup>th</sup>** 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](http://www.runnercard.com) by 2:00 p.m. on Thursday, May 15<sup>th</sup>.** Any changes to original entries must be faxed (771-2420) or emailed ([nobleesc@laramie1.org](mailto:nobleesc@laramie1.org)) by 4:00 pm on Thursday, May 15<sup>th</sup>. 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 16<sup>th</sup>.** These must be made at the finish line by the Pepsi trailer.

## **Coaches Meetings**

The 4A coaches meeting will be held Friday, May 16<sup>th</sup> at 8:00 a.m. in the hospitality room on the west side of the Field House.

## **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 at the conclusion of the event on the infield stage.

**Results**

Results will be put into packets and given to coaches at the conclusion 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 west stadium.

**Regional T-Shirts**

4A East Conference Regional t-shirts will be available for sale throughout the event at the ticket booths.

**Hospitality Room**

A hospitality room will be on the west side of the field house for coaches, bus drivers, workers, and school administrators. **No students please.**

**Locker Rooms**

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

**First Aid/Training Stations**

There will be 2 stations available for athletes; one located in the field event area and one inside the track at the south end zone.

**Spectator Management**

All spectators are asked to remain in the stands or outside the fenced track area, or noted public stands. Coaches are asked to stay in the stands or in designated "coaching box" areas.

**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:

<u>Adults</u>	<u>Students</u>
\$5.00 per day	\$3.00 per day

**Field Events****Friday, May 16**

- 7:30 a.m. Implement and vaulter weigh-ins are behind the east stadium by the ticket booth.
- 9:00 a.m. 4A Boys Pole Vault followed by girls  
4A Girls Long Jump  
4A Boys Discus
- 11:30 a.m. 4A Girls High Jump
- 2:00 p.m. 4A Boys Long Jump  
4A Girls Shot Put

**Running Events**

*Please note that all running events follow this sequence: Girls followed by Boys.*

**Friday, May 16**

9:00 am	Girls/Boys	800 M Run	<b>Finals</b>
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	<b>Finals</b>
4:15 pm	Girls/Boys	400 M Relay	<b>Finals</b>
5:00 pm	Girls/Boys	400 M Dash	Prelims

### Field Events

#### Saturday, May 17

8:00 a.m.	Implement and vaulter weigh-ins behind the east stadium by the ticket booth
9:00 a.m.	4A Boys Triple Jump 4A Girls Discus
11:30 a.m.	4A Boys High Jump
2:00 p.m.	4A Girls Triple Jump 4A Boys Shot Put

### Running Events

*Please note that all running events follow this sequence: Girls followed by Boys.*

#### Saturday, May 17

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

2014 4A East Regional  
Track and Field

*GIRLS*  
COACH OF THE YEAR NOMINATION

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

\*\*\*\*\*

*BOYS*  
COACH OF THE YEAR NOMINATION

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

**\*\*Return to Scott Noble by 2:00 pm on Saturday, May 17, 2014.**