



**TR Pre-Prom Invitational Track Meet  
Tongue River High School  
Friday – April 10, 2015**

**GENERAL INFORMATION & INSTRUCTIONS**

- BUS PARKING:** Main Parking Lot in Front of High School
- ENTRIES:** Runner Card ([www.runnercard.com](http://www.runnercard.com)) – Entries will close on Thursday April 9<sup>th</sup> at 6:00pm.
- SCRATCH MEETING:** **9:30 am in the Field Press Box. Scratch and Replace Only.**
- TRACK LAYOUT:** 6 Lane all weather rubberized track and runways.
- TEAM CAMPS:** Team Camps can be set up outside the fenced track area on the grass areas. Please pick up area after conclusion of meet.
- TRACK WARM-UP:** The Track will be available for warm-up upon arrival.
- SEEDING:** Athletes will be heated & seeded according to actual or projected entry times. There will be no finals.
- VALUABLES:** Sheridan County School District #1 will not be responsible for any personal belongings or school items lost.
- SPIKES:** 1/8" Pyramid Spikes or Running Flats Only.
- MEET START:** **10:00 am Field Events 11:00 am Running Events**
- FIELD EVENTS:** Report at **9:45 a.m.** Events begin at **10:00 a.m. (no pole vault event)**  
**All Jumps and Throws will receive 4 attempts with no finals.**
- RUNNING EVENTS:** **11:00 a.m. (All Timed Finals – No Prelims)**
- ENTRY FEE:** \$50.00 Per School – Please bring vouchers payable to TRHS to scratch meeting.
- SANCTION:** This is a Wyoming State Sanctioned Qualifying meet. The meet will be run as one-class. Hand Held Times.
- RESTROOMS:** Locker Rooms will not be available – Restrooms and Concessions are available at track site.
- ORDER OF EVENTS & APPROX. START TIMES:** (All Timed Finals – No Prelims – Approximate Start Times)
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| 1. 3200 M Relay (11:00)       | 7. 400 M Run (1:00)     |
| 2. 100 M Int. Hurdles (11:30) | 8. 300 M Hurdles (1:20) |
| 3. 110 M High Hurdles (11:30) | 9. 800 M Run (1:40)     |
| 4. 100 M Dash (11:50)         | 10. 200 M Dash (2:10)   |
| 5. 1600 M Run (12:15)         | 11. 3200 M Run (2:20)   |
| 6. 400 M Relay (12:40)        | 12. 1600 M Relay (3:00) |