

15th Annual “Best of the Best” Middle School Track Meet

Bill Bush Stadium – Lander, WY

Tuesday, May 9, 2017

Junior High/Middle Coaches and A.D.s:

Lander Middle School in Lander has established a track meet at the end of the regular track season that gives top performers from each school a chance to compete head to head with other top athletes from schools throughout Wyoming. The meet will be structured much like the high school Meet of Champions, however this event does not require a qualifying time or distance. The “Best of the Best” meet is open to the top two athletes in each event from your school, per grade level. For example, you are invited to bring your top two 8th grade girls, 7th grade girls, 8th boys and 7th boys in each event. We would ask, however, that you bring only those athletes who can compete at this level.

**Entries must be made on RunnerCard by 2:00 p.m. on Monday, May 8.
We will use RunnerCard to establish heats.**

- We will not keep team scores.
- Limit of 5 entries per athlete
- Only two (2) entries per event per team in individual races, one (1) for relays
- There is not a separate 6th grade division. If a 6th grader is one of your top two then enter him/her in the 7th grade division.
- Please provide a personal best time or distance for each athlete.
- The first heat will be the fastest. All heats will be staged in the starting chutes at the south end of the track.
- All running events will be timed finals.
- 800M and 1600M runners will also be limited to two per grade level/gender.
- We will run 100M hurdles.
- The 200M hurdles will be run on the 300M staggers (5 staggers).
- The 800M relays will be run in lanes the entire way on a four turn stagger. Our track has the official markings to complete the race staying in the same lane.
- Schools may bring one relay teams per grade and gender.
- Besides the high jump, athletes will be given three throws or jumps.
- Starting heights for the high jump will be 7th girls 4’0”, 8th girls 4’2”, 7th boys 4’4”, and 8th boys 4’6”.
- The long and triple jumps will have a minimum distance required to measure. If jumpers do not make the minimum on the first two, the third attempt will be measured.
- Long Jump: Grade 7 Girls: 10’ / Grade 8 Girls: 11’ / Grade 7 Boys: 12’ / Grade 8 Boys: 13’
Triple Jump: Grade 7 Girls: 19’ / Grade 8 Girls: 23’ / Grade 7 Boys: 21’ / Grade 8 Boys: 25’

**Please be prepared to work a field event. We will also need a coach from each school to time.
We will have a work list at the scratch meeting.**

Field Events will begin at 9:00 a.m. and will be run in the following order:

High Jump: 7th Grade Boys followed by 8th Grade Boys – West HJ Area
7th Grade Girls followed by 8th Grade Girls – East HJ Area
****2” increase per round.**

Long Jump: 8th Grade Boys followed by 7th Grade Boys – SE pit.
8th Grade Girls followed by 7th Grade Girls – NE pit.
****3 Jumps – All Jumps Final**

Triple Jump: 7th Grade Boys followed by 8th Grade Boys followed by
7th Grade Girls followed by 8th Grade Girls – SE pit.
****3 Jumps – All Jumps Final**

Shot Put: 8th Grade Boys followed by 7th Grade Boys North Shot Ring
8th Grade Girls followed by 7th Grade Girls – South Shot Ring
****3 Throws – All Throws Final**

Discus: 7th Grade Girls followed by 8th Grade Girls -- East Disc Ring
7th Grade Boys followed by 8th Grade Boys — West Disc Ring
****3 Throws – All Throws Final**

Pole Vault: 7th Grade Girls followed by 8th Grade Girls followed by
7th Grade Boys followed by 8th Grade Boys – SW Runway
****6” increase per round.**

Running Events will follow this order: 7th girls, 8th girls, 7th boys, and 8th boys.

10:00 am 1600 M run

11:00 am 100 M hurdles Girls 30” Boys 33”
100 M Dash
400 M Dash
400M Relay
200M Hurdles (Note: these are on the 300M stagger)
800M Run
200M Dash
800M Relay (Four Turn Stagger – Lanes entire way)
1600 M Relay