

Bison, Broncs, Bolts, Camels, Rams Track & Field Meet
Sheridan High School
Friday, March 28th, 2025

GENERAL INFORMATION AND INSTRUCTIONS

MEET CODE: 25 Quad

Teams

Big Horn, Buffalo, Campbell County, Sheridan, Thunder Basin

Events: Due to limited event workers. Each team will be in charge of the event listed below.

High Jump: Sheridan

Pole Vault: Sheridan

Long Jump: Big Horn

Triple Jump: Campbell County

Shot Put: Buffalo

Discus: Thunder Basin

PARKING

Buses are asked to please park in the dirt parking lot on the south side of the stadium off of Mydland Road.

SCHOOL CLASSIFICATION

This is a Wyoming state sanctioned qualifying meet. The meet will run as a one-class meet.

CHECK-IN & SCRATCHES

All information and forms will be available at the press box. **Scratches should be made upon arrival.**

NO ADDITIONS PLEASE.

HOSPITALITY & CONCESSIONS

No hospitality or concessions will be available.

TRACK WARM-UP

The track will be available for warm-up.

SCORING & AWARDS

Individual scoring will be based on the top 8 places (10-8-6-5-4-3-2-1 pts). No individual or team awards will be given.

VALUABLES

Sheridan County School District #2 will not be responsible for any personal belongings or school items lost.

PARTICIPATION RULES

- **Entries are unlimited.**
- The maximum number of events a contestant may enter shall be four (4).
- We will adhere to the 2025 NFHS Track & Field Rule Book.

ENTRIES / RESULTS

MileSplit will be used for entries & results. Entries are due by **8:00 pm on Thursday, March 27th.**

SEEDING

Athletes will be heated and seeded according to actual or projected entry times. Please be as accurate or realistic as possible to be fair to all athletes. All running events will be run as finals.

REPORT TIME

Contestants must report 10 minutes before the event at the point of competition. Contestants not reporting on the last call will be scratched. Athletes will report to the event starting area.

SPIKES

Athletes are asked to use no more than 3/16" pyramid spikes or running flats.

ALLEY STARTS

One turn alley starts will be used for the 800M Run, 1600M Run, and the 3200M Run.

STARTING BLOCKS

Starting blocks will be furnished by the meet management.

TIMING SYSTEM

A FAT-LYNX timing system will be used.

FEE

There will be NO fee for this meet.

FIELD EVENTS - Begin at 1:00 pm

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| Long Jump Triple Jump | <ul style="list-style-type: none">• Runways for the long jump, triple jump, pole vault and high jump will be on a synthetic surface.• Take off boards for the long jump and triple jump will be 8" wide.• All jumpers will receive four (4) jumps. |
| High Jump Pole Vault | <ul style="list-style-type: none">• All competitors will receive three (3) attempts at each height.• High Jump – starting height BOYS 5'0" / GIRLS 4'1"• Pole Vault – starting height BOYS 9'0 / GIRLS 6'0 – TBD at event• Please give signed weigh-in sheets for poles to Pete Karajanis at the event. |
| Shot Put Discus | <ul style="list-style-type: none">• Shot and Discus will be thrown from cement pads.• Weigh-ins for shot put and discus will be held at the concession stand.• For the shot put warm-ups will take place in one ring & competition in the other.• Throwers will be placed in flights and each thrower will receive three (3) throws (2-1 format). The top 9 throwers will advance to finals and throw in reverse order in a (1-1-1 format). |

FIELD EVENT SCHEDULE:

| These events begin at 1:00 pm | These events follow immediately after: |
|-------------------------------|----------------------------------------|
| Boys Pole Vault | Girls Pole Vault |
| Girls High Jump | Boys High Jump |
| Boys Shot Put | Girls Shot Put |
| Girls Discus | Boys Discus |
| Boys Long Jump | Boys Triple Jump |
| Girls Long Jump | Girls Triple Jump |

RUNNING EVENT SCHEDULE: Begin at 1:30 pm

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| All events will be timed finals. Girls will run each race first, followed by boys. A rolling schedule will be used. | |
| 1:30 pm | 1600m Run |
| 2:00 pm | 1600m Sprint Medley Relay 100m Hurdles 110m Hurdles 100m Dash 400m Relay (4x100m) 400m Dash 300m Hurdles 800m Run 200m Dash 1600m Relay (4x400m) |

This is a WHSAA sanctioned meet for state qualifying. Please make sure your athletes who might have made a qualifying time, distance, or height are on the official track & field qualifying standard report form and submitted to the WHSAA.