

Laramie High School 307 Invitational

**Hager-LeBar Indoor Track and Field Venue at the University of Wyoming War Memorial Fieldhouse
Saturday, Jan. 31, 2026**

Start Time: 9:00 am

UPDATED OR NEW INFORMATION HIGHLIGHTED YELLOW

****This indoor track meet is open to Wyoming High Schools with a program sanctioned by the WHSAA. No unattached athletes, in-state or out-of-state, will be allowed to compete in the meet.****

Entry Fees- A \$125 per team entry fee or \$7 per athlete, whichever is less, will be charged. Schools bringing both a girls' and boys' team will be charged \$250. Please bring payment to the timing platform near the finish line area.

Payment Invoice is attached at the bottom of this Meet Information.

Spikes: ONLY 3/16 spikes are allowed; they will be inspected. Spikes only in competition areas. Please do not wear spikes to restrooms, balconies, etc.

Only athletes competing will be allowed on the floor. Athletes not competing, and parents are to be on the balcony due to limited space and safety concerns.

LIMITED ENTRIES-Due to the number of teams/athletes participating in this competition, we will have limited entries. Each school will be allowed to run two (3) relay teams per relay event (except 4x200 which is unlimited and the 4x800 which now allows three (3) teams/school) and enter no more than eight (8) athletes in the long jump and triple jump. **Each athlete is limited to four events in total.**

The indoor track facility comprises a six-lane, 42-inch wide (per lane) straightway with four circular lanes for longer events (160 meters).

Team camps: will be located in the upper east and west stands of the field house. The stairways in both the northwest and southwest corners provide access. Please, police your area at the end of the meet.

The timing system will be Finish Lynx.

Results will be available after the completion of the meet and possibly live results after each event completed on MileSplit. Results may be posted in the hallway if Live Results are unavailable .

Heats will be seeded by time. All heating times sent in must have been run during this year's indoor season, or athletes will be seated with no time. Coaches must be able to verify these times if there is a challenge.

Trainers will be available: water and ice will be available if needed. Teams, please bring your own sports medicine supplies (including athletic tape).

PARKING: Parents and buses may drop athletes off in the parking lot south of the UW Fieldhouse but must park in the parking lot east of War Memorial Stadium. **Parking tickets will be issued in the lots south and west of the stadium. UW has a basketball game on Jan. 31 and has requested that we keep the parking lots cleared immediately to the west and south of the Fieldhouse.**



Red line=bus loop to drop off athletes, green highlighted area parking (buses, athletes, spectators). Black star=UW Fieldhouse/competition area

Schedule of Events

Upon Arrival please see the Timing Table with any scratches

Field Events

9:00 am

- Long Jump (**Girls first, Boys to follow**) - 3 Jumps - No Finals (due to only having one jump pit) **To keep jumping events moving efficiently, athletes will only be allowed 7 minutes for run-throughs between flights.**
- Traveling teams.... if your team is coming from a longer distance, i.e., Casper, we will place your athletes in a later flight, so delay in arriving at the meet will not be an issue.
- Shot Put (Girls First) - 2-1 format with finals.

- Throws - 2-1 format with Finals. We will measure the furthest of the first two throws regardless of whether it crossed the minimum requirement and then only measure the 3rd throw if the throw is beyond the minimum requirement. Cut-Off distance for girls at 20' and boys at 30'.
- Pole Vault (Girls first - Boys to follow): Girls 6' & Boys 9'

10:00 am

- High Jump - Starts at 5 (Boys) and 4 (Girls)
- Triple Jump to follow Long Jump (Girls first, Boys to follow) - 3 Jumps - No Finals (due to only having one jump pit) To keep jumping events moving efficiently, athletes will **only be allowed 7 minutes** for run-throughs between flights.

Running Events (Girls 1st, Boys 2nd)

9:30 am

4X 800 M Relay Finals - Heats against time

4 X 200 M Relay Finals - Heats against time

55 Hurdles Finals - Heats against time

55 M Dash Finals - Heats against time

SMR-200m-200m-400m-800m Finals - Heats against time

1600 M Run Finals - Fastest 12 seeds in heat

400 M Dash Finals - Heats against time

800 M Dash Finals - Heats against time

200 M Dash Finals - Heats against time

Break for kids to recover-time TBD (we usually are waiting for triple jump to wrap up anyway) ETA 20min

4X400 M Relay Finals - Heats against time

We will not be running the 3200m run at this meet.