

**RAWLINS "NANCY STEINBERG" TRACK INVITE**

**FRIDAY, Apr 17, 2026**

**\*\*\*\*THIS MEET HAS BEEN MOVED TO WEDNESDAY, APRIL 15 DUE TO WEATHER.**

**\*\*\*\*\*PLEASE INPUT YOUR ENTRIES BY TUESDAY NIGHT AT 7PM**

**Awards:** Medals for 1<sup>st</sup> Place in each event

**Entries Due:** **Tuesday, 14th at 7:00pm** on Milesplit  
Entries will be unlimited.

**Running Events:** All events will be timed finals. Girls will run followed by boys' events.

**FIELD EVENTS – 10:00 a.m. Field events will have 4 jumps/throws. No Finals**

BOYS SHOT PUT	GIRLS TRIPLE JUMP
GIRLS DISCUS	BOYS HIGH JUMP
BOYS LONG JUMP	GIRLS/BOYS POLE VAULT

**Immediately followed by:**

BOYS DISCUS	GIRLS LONG JUMP
GIRLS SHOT PUT	GIRLS HIGH JUMP
BOYS TRIPLE JUMP	

**RUNNING EVENTS - 11:00 AM: (We will run the 3200 M Run at 11 am and then the rest of the running events will start at Noon.)**

3200 Meter Run	Finals	Girls/Boys (11:00 am)		
1600 Medley Relay	Finals	Girls/Boys (Noon)		
3200 M Relay	Finals	Girls/Boys		
100 M IH	Finals	Girls		
110 M HH	Finals	Boys		
100 M Dash	Finals	Girls/Boys		
1600 M Run	Finals	Girls/Boys	Alleys	1 Turn Stagger
400 M Relay	Finals	Girls/Boys		
400 M Run	Finals	Girls/Boys		
300 M LH	Finals	Girls		
300 M IH	Finals	Boys		
800 M Run	Finals	Girls/Boys	Alleys	1 Turn Stagger
200 M Dash	Finals	Girls/Boys		
Weightmans 400 M Relay		Mixed		
1600 M Relay	Finals	Girls/Boys	Alleys	3 Turn Stagger

**PARTICIPATION RULES:**

Entries are unlimited. Each team can enter two relays per relay event.

**PARKING:**

Buses please park on the South side of the High School by the Fine Arts Entrance. We are in school so please don't park on the east side of the HS.

**SANCTION AND SCHOOL CLASSIFICATION:**

This is a Wyoming High School Activities Sanctioned Meet. Athletes who meet their class standards will qualify for the state meet. Please find your qualifying sheet in the packets when you pick them up at the beginning of the meet.

**CHECK-IN AND SCRATCHES:**

Coaches should check in and get their packets at the press box upon arrival at the track. They will find their qualifying forms and entries. Scratches ONLY will be made on the morning of the meet in the press box.

**SEEDING:**

All athletes will be seeded in heats from slowest to fastest.

**SPIKES**

1/8" or 3/16" spikes only please!!

**ALLEY STARTS**

One turn alley starts will be used for the 4 X 800 Relay, 800M, 1600M, and 3200M races.

**SCORING AND TIMING**

We will score the top 8 places using the following points: 10-8-6-5-4-3-2-1. RHS will use a Finish Lynx FAT System.

**SANCTIONING**

The Rawlins Invitational will be a WHSAA State Qualifying Meet.

**RACE ORDER**

Race order will be girls followed by boys.

**FIELD EVENTS**

4 Jumps/Throws. No Finals. Throws 2-2, Jumps 1-1-1-1

**WEIGH INS**

All implements will be weighed in under the stadium on the north side starting at 9:00 AM.

All vaulters must have their coaches sign the Coaches Weight Verification form before they will be allowed to vault. All poles will be inspected for each vaulter by the event judge.

### **LUNCHESES**

Breakfast and lunch will be provided for the Coaches, Bus Drivers, Workers, and Officials in the crowd's nest.

### **COACHES MEETING**

There will be a brief meeting with the coaches in the press box at 9:30 AM.

**We look forward to hosting you in Rawlins. If you have any questions, please feel free to reach out to us. Thank you.**

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