

Dear Coaches:

The WRCAA Conference Meet will be held on Friday, May 9th, 2025, at Wind River School. We will be assigning schools to different events. Field events will start at 9:30 a.m., and running events will start at 11:00 a.m.

Schools Invited

Fort Washakie	Wyoming Indian	Arapahoe	Dubois
St. Stephens	Wind River	Trinity	

Entries

Entries must be entered on MileSplit. You will be invited to the meet.

PLEASE PAY CLOSE ATTENTION ON HOW TO ENTER RUNNERS FOR THE FOLLOWING RACES:

Failure to follow instructions may result in your athlete being heated improperly.

Enter your top 3 runners for the 100M dash and 100H as 15.00, 16.00, 17.00, Enter the remaining runners at NM.

Enter your top 3 runners for the 200M dash and 200H as 30.00, 31.00, 32.00. Enter the remaining runners at NM.

Enter your top 3 runners for the 400M dash as 1:00, 1:05, 1:10. Enter remaining runners at NM.

All running events will be run as finals.

Entry Limit

Each participant will be limited to five (5) events. This includes at least one relay, at least one field event, and at least one running event. A runner may run in no more than three (3) events over 400 meters, including relays.

Deadlines

MileSplit entries will shut down at 2 p.m. Thursday, May 8, 2025. **After that no entries will be allowed.**

Friday morning will be a SCRATCH ONLY meeting at 8:45. No contestants will be added.

Scoring

The “Junior High” division will be for the 7th and 8th grade boys and girls.

The “Youth” division will be for the 5th and 6th grade boys and girls.

WRCAA Constitution rules:

TRACK MEET:

A. The order of events:

Field Events:

Triple Jump: MS Boys then MS Girls
 Youth Boys then Youth Girls
Long Jump: MS Girls then MS Boys
 Youth Girls then Youth Boys
High Jump: MS Girls then MS Boys
 Youth Girls then Youth boys
Shot Put: MS Boys then MS Girls
 Youth Boys then Youth Girls
Discus: MS Girls then MS Boys
 Youth Girls then Youth Boys

Running Events:

1600 METER RUN
100 METER HURDLES. MS Girls & Boys (Girls - 30", Boys - 33") Youth Girls & Boys (30" High)
100 METER DASH
800 METER RELAY
400 METER RUN
400 METER RELAY
200 HURDLES MS/Youth Girls & Boys (30" - 5 flights, on 300 H marks) 5/21
800 METER RUN
200 METER DASH
800 METER MEDLEY RELAY Youth Girls & Boys (100, 100, 200, 400)
1600 METER RELAY MS Girls & Boys

B. ENTRIES: (Applies only to conference meet)

1. Each school is limited to three (3) designated scoring athletes in each event and one designated scoring relay (1) in each class.
2. A track participant may enter a total of five (5) events, 1 of which must be a relay.
3. Participants are limited to 3 events of 400 meters or more (includes relays).

C. All contestants must wear shoes; spikes may only be pyramids 1/8th of an inch long.

E. Scoring and Awards:

1. The national Federation scoring system will be used, with ribbons for second, third, fourth, fifth, sixth, seventh, and eighth. Medals will be given for first. Relay points will be divided by four (4) individual points. Points are scored through 8 places: 1st = 10, 2nd = 8, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1.

2. Plaques will be awarded for first (1st) and second (2nd) places for each class.
3. Individual plaques will be awarded for each high scorer in the four classes.

F. Events:

1. *Hurdles will be 30" for the 100 Youth Hurdles, the Junior High girls 100 Meter Hurdles and the Junior High boys and girls 200 Meter Hurdles. They will be set at 33" for the Junior High boys 100 Meter Hurdles.*
2. *Youth shot put will be 6 pounds, Junior High shot put will be 8 pounds.*
3. *Starting heights for the Youth girls is 3'0"; Youth boys is 3'2"; Junior High girls is 3'6"; and Junior High boys is 4'0".*

Concessions: Concessions will be available from 9:30-2:00.

Entry Fee: This is a WRCAA conference meet so there will be a gate fee for spectators. Please make sure you pass that along to your parents and fans.

Rest rooms will be available during the track meet. Locker rooms will not be opened. Please have your teams keep their camp areas clean.

Thanks,

Justin Walker
Athletic Director