

GLEN LEGLER MEMORIAL EARLYBIRD TRACK MEET
@ NCHS TRACK
THURSDAY, APRIL 2, 2026

GENERAL INFORMATION & INSTRUCTIONS

PARKING

Bus unload on **Ash St.** (next to track). Park in lot on west side of the high school just south of the swimming pool.

SANCTION & SCHOOL CLASSIFICATION

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

SCRATCHES

Scratches should be made in the press box no later than 9:00 a.m.

TRACK WARM-UP

The track will be available for warm-up.

AWARDS

No awards or trophies will be handed out for this meet.

VALUABLES

Natrona County School District #1 will not be responsible for any personal belongings or school items lost.

PARTICIPATION RULES

1. Entries are unlimited in each event.
2. The maximum number of events a contestant may enter shall be four (4).
3. We will adhere to the 2026 NFHS Track & Field Rule Book.

ENTRIES

Entries will be **unlimited** in each event. Please use **MileSplit**.

The meet is called Glen Legler Early Bird.

Entries are due no later than **3:00 pm** on Wednesday, April 1st.

SEEDING

Athletes will be heated and seeded according to entry times. Please be as accurate as possible to be fair to all athletes. There will be no **finals**, therefore, we need your help in placing the proper athlete in the appropriate heat.

REPORT TIME

ALL contestants must listen for report time prior to each event. **Track contestants not reporting on last call will be scratched.** Report to the assigned end of the track.

SPIKES

Up to 1/4" pyramid spikes or running flats only.

ALLEY STARTS

One turn alley starts will be used for all races 800M and above.

STARTING BLOCKS

Starting blocks will be furnished.

SCORING, TIMING, & FEE

No team scores will be kept. FAT - LYNX timing system.

SANCTION: This is a WHSAA sanctioned meet for state qualifying.

FIELD EVENTS - BEGIN @ 10:00 A.M.

- A. Shot & discus throwers will be placed in flights. Each thrower will complete three (3) throws and no finals. **Throws will be administered from top down (best throwers first to novelist). Discus will take place at Dean Morgan Middle School located at 1440 S. Elm St. just a few blocks from NCHS. A shuttle bus will be provided. The bus will pick up athletes at NC by the track shed and drop them off at the Dean Morgan discus area.**
- B. Long jump and triple jump competitors (in flights) will receive three (3) attempts, with no finals.
- C. In the **high jump** and **pole vault**, each competitor will receive three (3) attempts at each height as they remain in the competition.
- D. Pole Vault - Starting height
Boys 9' 4"
Girls 6' 6"
- High Jump - Starting height
Boys 5' 0"
Girls 4' 2"

STARTING HEIGHTS will be adjusted if necessary.

FIELD EVENTS - BEGIN @ 10:00 A.M.

Field Events Schedule:

These events will begin @ 10:00 a.m.:

Boys Pole Vault
Girls High Jump
Boys Shot Put
Girls Discus
Boys Triple Jump
Girls Long Jump

These events will immediately follow:

Girls Pole Vault
Boys High Jump
Girls Shot Put
Boys Discus
Boys Long Jump (**30 minutes after**)
Girls Triple Jump (**30 minutes after**)

RUNNING EVENTS TIME SCHEDULE

All events will be **timed finals**. **GIRLS** will run each race first, followed by **BOYS**.

Time schedule is approximate, we will run ahead if possible.

<u>EVENT</u>	<u>TIME</u>
3200m Run	10:00
Medley Relay	11:00
3200m Relay	
100/110m Hurdles	
100m Dash	
1600m Run	
400m Relay	
400m Dash	
300m Hurdles	
800m Run	
200m Dash	
1600m Relay	

This is a **WHSAA sanctioned meet for state qualifying**. Please be sure to check with Spencer Cantrell (Meet Director) or Bob Cogdill (Meet Referee) with any questions.

