



TR Invite Track & Field Meet
Tongue River High School
Friday – April 10th, 2025



GENERAL INFORMATION AND INSTRUCTIONS

PARKING

Buses are asked to please park in the bus loop on the north side of the school..

SCHOOL CLASSIFICATION

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

CHECK-IN & SCRATCHES

All information will be available at the press box.

Please make all scratches and/or additions on Saturday morning prior to 9:00 am on MileSplit.

HOSPITALITY & CONCESSIONS

A hospitality area will be located in the concession stand at the North end of the stadium.
Concessions will be available.

TRACK WARM-UP

The track will be available for warm-up.

VALUABLES

Sheridan County School District #1 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 2026 NFHS Track & Field Rule Book.

ENTRIES

Entries are due by midnight, April 9th. Entries/Results will be on MileSplit:

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. There will be no preliminary heats in running events.

REPORT TIME

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

SPIKES

Athletes are asked to use no more than 1/4" 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 is not an entry fee for this meet.

FIELD EVENTS - Begin at 10:00 am.

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| Long Jump | • Runways for the long jump, triple jump, pole vault and high jump will be on a synthetic surface. |
| Triple Jump | • Take off boards for the long jump and triple jump will be 8" wide. |
| | • All jumpers will receive three (3) preliminary jumps. The top 9 jumpers will advance to the finals in reverse order and receive three (3) more jumps. |
| High Jump | • All competitors will receive three (3) attempts at each height. |
| | • High Jump – starting height BOYS 5'0" / GIRLS 4'1" |
| Shot Put | • Shot and Discus will be thrown from cement pads. |
| Discus | • Weigh-ins for shot put and discus will be held at the equipment shed. |
| | • Throwers will be placed in flights and each thrower will receive three (3) throws in a (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 10:00 am:

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

These events follow immediately after:

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

RUNNING EVENT SCHEDULE: Begin at 11:00 / 11:45 am

All events will be timed finals. Girls will run each race first, followed by boys. A rolling schedule will be used.

11:00 am 3200m Relay (4x800m)

11:45 am 100m Hurdles
110m Hurdles
100m Dash
400m Dash
1600m Sprint Medley Relay
1600m Run
400m Relay (4x100m)
300m Hurdles
800m Run
200m Dash
3200m Run
1600m Relay (4x400m)

