

1A/2A EAST REGIONAL TRACK & FIELD MEET
MAY 15th & 16th, 2026
TORRINGTON, WY

Lingle-Ft. Laramie High School and Southeast High School are pleased to be hosting this year's East Regional Track & Field Meet for 1A & 2A. The track is located directly beside our Administrative Offices which are located at 626 West 25th Avenue.

Entry Procedure: Official entry will be made on **MileSplit**. The meet will be listed as "Wyoming 1A-2A East Regionals". Registration will open on May 4th and will **close on Thursday, May 14th at NOON**. Class 1A will be listed as Division 1 and Class 2A will be listed as Division 2. Please make sure you enter the correct division. Only times and distances from this season are allowable. Relay splits will not be accepted for individual event entry. All entries will be "public" on MileSplit during and after the registration period.

Relay Team Entries: If you are entering a relay team that has pre-qualified, please list all relay members on MileSplit.

Number of Entries: You may enter four contestants per individual event and one relay team for each relay event. All athletes that have pre-qualified for the state meet will be allowed to compete at the regional meet.

State Qualifying and Awards: In both 1A and 2A, the top eight places in individual events and top four relays will receive medals and will advance to the State Meet.

Team Awards: Team award plates for first through third place will be awarded at the conclusion of the meet.

Heating for Finals: Regardless of the number of heats in the preliminaries, heat winners and the next fastest times will qualify for the finals in all running events. Nine (9) athletes will qualify for the finals in the long jump, triple jump, shot put, and discus.

All running events will be staged at the northwest corner of the track.

Pole Vault: All pole vaulters must be weighed and have poles checked before the competitions begin. Pole vault participants, wearing the uniform they will vault in, will be weighed at the track building beginning at 9:00 a.m. on Friday. Vaulters do not need to take poles to weigh-ins. Discovery of any vaulter using a pole in violation of rule 6.8.16 will be disqualified from the event.

Throws: Each discus and shot put must be weighed in at the track building, prior to the competition. Both rings are cement.

Spikes: 1/8-inch spikes are the only length allowed on the track.

Uniforms: Make sure that you review legal uniform guidelines with your team. Jewelry is allowed. As per rule 4.3.3, removing any part of the team uniform, excluding shoes, while in the competition area, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. For this meet, the area of competition shall be anywhere on the track, the infield, and areas directly adjacent to the jumping pits and throwing rings. Headbands will be allowed again this year. A headband is any item that goes around the entire head, it shall be circular in design and without extensions. If worn, only one headband is permitted, and it shall be worn on the forehead/crown. It shall be a solid color white, black, beige or a school color. It shall be non-abrasive and unadorned.

Team Camps: Please use the area outside the chain-link fence for team camps.
(PLEASE, NO CAMPS ON THE INFIELD!)

Bus Parking: All buses are asked to park in the lot north of Torrington Middle School. (Please see the map included with this information.)

Admission: Tickets will be \$5.00 for adults and \$3.00 for students each day.

There will be a coaches' meeting on Friday at 9:00 a.m. and on Saturday at 8:00 a.m.

Concessions will be available both days.

There will be a hospitality area for coaches, workers, bus drivers and administrators.

If we can be of any further assistance, please contact us.

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