

Bulldog Invitation Track and Field Meet

Friday May 8, 2026

Sundance, WY

Thank you for your participation in the Bulldog Invitational Track and Field Meet. This meet will be a qualifying track meet. We are asking all teams to set up their camps outside of the track and not on the football field. There is a grass area outside the track that you can set your camps on. **The cost of the meet is \$150 payable to Sundance High School.**

Entries: are due May 6 on MileSplit at 7:00 PM. At 9:15 Saturday morning there will be a coaches meeting, access the West door of the bathroom wing of the building for the Hospitality Room. Scratch and replace no adds will be done in the crowds nest by 9:30. If you have any questions please contact **Lance Hofland** at 307-290-1456 or hoflandl@crook1.com.

Rules Meeting: 9:15 (tentatively scheduled for coaches in the Hospitality Room)

Implement Weigh In: 9:15 in the front by the bathrooms, a table will be set up to weigh implements in.

Timing System: We will be FAT timed.

Facilities:

Surface Area: The track and runways are rubberized, only 1/8 Pyramid spikes or shorter will be allowed.

Rings: The rings are cement.

Team Camps: Are to be set up outside the fence at the track. **No camps on the football field.**

Dressing Facilities: There will be no locker rooms, there are bathrooms in the Central Office on the East Side (facing the track) of the building. No one will be allowed in the rest of the building.

Bus Parking: Along the street or over by the pool (East side of track)

Meet Information:

All Running Events are Finals

Field Events: We will take 9 to the finals and score 8. In the events that have finals (LJ, TJ, Shot Put, Discus) there will be 3 tries in prelims and 3 in finals.

Each athlete is limited to 4 events.

Weight Relay is Coed, a maximum of 2 boys are allowed per team. We will use a baton. It will not count as one of the competitors 4 events. All Contestants must be entered and compete in at least one of the **THROWING EVENTS.**

Awards: We will give medals to top 3 in each event, with the exception of the weight relay. We will have special awards for that event.

Lunch Break: We will take a short lunch break for workers following the 400 while we set up the 300 Hurdles. Lunch will be provided in the Hospitality Room on the West door of the Bathroom wing of the building.

Bulldog Invitational

Order of Events & Time Schedule

Field Events:

10:00A.M. These events will immediately follow:

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

10:15 A.M. **Medley Relay (Girls/Boys)**

11:30 **4x800 Relay (Girls/Boys)**

Women's 100 Meter Intermediate Hurdles

Men's 110 Meter High Hurdles

100 Meters (Girls/Boys)

1600 Meters (Girls/Boys)

4x100 Meter Relay (Girls/Boys)

400 Meters (Girls/Boys)

(Break)

Women's 300 Meter Low Hurdles

Men's 300 Meter Intermediate Hurdles

800 Meters (Girls/Boys)

200 Meters (Girls/Boys)

3200 Meters (Girls/Boys)

Weight Relay (400 M Coed)

4x400 Meter Relay (Girls/Boys)