

Sundance Jr High Invite Track Meet

Thursday, May 7, 2026

Sundance, Wyoming

Date: May 7, 2026

MEET DIRECTOR: Lance Hofland 307-290-1456 hoflandl@crook1.com

Entries: Will be on Milesplit. Entries need to be entered by 4:00 PM Tuesday, May 5th.

There is a hospitality room for workers, coaches, and bus drivers on the west side of the Bathroom Wing.

*There will be no awards

*** WE WILL NOT BE CHARGING AN ENTRY FEE FOR THIS MEET, BUT WE WILL ASK EACH SCHOOL TO HELP WITH relay exchanges and some field events.**

We will be asking for help on relay exchanges. We may need some help with a few field events, as our high school track team will be running most of them. Thank you for your assistance in this.

Facilities

SURFACE AREA: THE TRACK AND RUNWAY AREAS ARE RUBBERIZED; **ONLY** 1/8 PYRAMID SPIKES MAY BE WORN.

RINGS: The shot and discus rings are cement.

EQUIPMENT: Starting blocks will be provided.

TEAM CAMPS: Team Camps should be located on the grass areas next to the Central Office Building. Team Camps may not be on the infield (Football field). Please keep the area picked up during and after the meet.

DRESSING FACILITIES: The locker rooms will be closed during the meet, so please come ready to run. We do have restrooms available and concessions in the Central Office building, doors facing the flag pole.

***PLEASE PARK BUSES IN THE LOT In front of the Central Office or along the Gym side of the Central Office on the North Side of the Building.**

Meet Information

❖ *ALL RUNNING EVENTS ARE FINALS*

❖ **FIELD EVENTS:** For the weight events and the jumps, they will get 4 attempts each and no finals.

❖ 4 K shots will be used for both boys and girls, and weigh-in shots and discs will be placed at the table in front of the restrooms.

❖ Each participant will be limited to four events. Additionally, there will be a limit of 4 athletes you can register per event for each level (Boys 7th, Girls 7th, Boys 8th, Girls 8th).

- ❖ We will have the pole vault event with Upton running the event
- ❖ Each team may enter one team per relay in each division

Good luck to everyone, and let's have a nice day.

Schedule of Events

Field Events Order 10:00 AM

Pole Vault – 7th Girls/8th Girls/7th Boys/ 8th Boys
Shot Put – 7th Boys / 8th Boys / 7th Girls / 8th Girls
Discus – 7th Girls / 8th Girls / 7th Boys Girls / 8th Boys
High Jump – 8th Girls / 7th Girls / 8th Boys / 7th Boys
Triple Jump – 7th Girls / 8th Girls/ 7th Boys/ 8th Boys
Long Jump – 8th Boys / 7th Boys / 8th Girls / 7th Girls

*The 7th-grade boys/girls and 8th girls 200 Hurdles will all be run at 30”.

*The 8th-grade boys will run the 100 hurdles and 200 hurdles at 33”

Running Events 10:00 AM

Order, unless otherwise noted, races will be Girls/Boys and will start with 7th grade, followed by 8th

800 (100,100,200,400) Meter Relay
 100 Meter Hurdles
 100 Meter Dash
 1600 Meter Run
 400 (4x100) Meter Relay
 400 Meter Dash
 200 Meter Hurdles
 800 Meter Dash
 200 Meter Dash
 Weight Relay (400 Meters Coed)
 1600 (4x400) Meter Relay