

Wyoming 4A West Regional Track Meet

Friday & Saturday May 15 & 16, 2026

Hosted by Star Valley High School
445 West Swift Creek Lane, Afton, WY 83110
Kyle McClain - Activities Director
kyle.mcclain@lcsd2.org, 307-789-7571

**To: Activity Directors
4A West Track Coaches**

Teams Participating: Evanston, Green River, Jackson, Kelly Walsh, Natrona County, Riverton, Rock Springs, Star Valley

Start Times: **Friday** Coach's Meeting 10am
Implement and pole vaulter weigh-in 10:30am
Field events 12pm
Running events 1pm
Saturday Implement and pole vaulter weigh-in 8am
Field events 9am
Running events 10am

Practices/Facility Use

- If you would like to use our track facility for practice on Thursday, please reach out to Kyle McClain at kyle.mcclain@lcsd2.org

Entries

- All entries must be entered on MileSplit at <https://wy.milesplit.com/> by 8:00 pm on Thursday, May 14th. Please attempt to make all changes the night before the meet in efforts to limit scratches and replacements. Appropriate school abbreviations must be used – see the WHSAA web page and find it under General Links, Other Forms, School Abbreviations.

Timing/Field Events

- Finish Lynx FAT Timing

Number of Entries

- Four Entries per event
- If there are more pre-qualifiers in an event than the allowed number of entries, all qualifiers will be allowed to be entered and compete at the Regional Meet. The only way to exceed the allowed number of entries is if all athletes entered have met the qualifying standard.
- One relay team per school per event is allowed

Coaches Meeting

- Coaches' meetings will be held Friday, May 15th at 10:00am in the hospitality room (SVHS cafeteria). No students please.
- We will have your coaches packet, that includes meet info, heat sheets, schedule, & passes (participant, coach & driver)
- We will review Regional Track information, do scratches, coach of the year.
- As per WHSAA rules, during the scratch session at the regional meet, a participant may be replaced by a participant from the same school; however, additions to the original entries may not be made.

Hospitality Room

- A hospitality room will be available to all administrators, bus drivers, workers and coaches in SVHS cafeteria. No students please.
- Meal times
 - Friday Lunch: 11am-1pm
 - Friday Dinner: 5pm-6:30pm
 - Saturday Lunch: 12pm-2pm

4A By-Laws workers assignments:

(Star Valley will provide workers for field events)

We will need a coach from each school to be Hurdle Judges, and to help with exchange zones.

Results/Scoring

- Results will be posted near the track shed.
- Scoring at the regionals meet will be 10-8-6-5-4-3-2-1.
- If there are ties for last place state qualifiers in the same regional track meet, only TRUE TIES on high jump and pole vault will qualify for the state track meet.

Awards

- We will have an awards presentation following the final of each event. An awards presentation schedule will be given at the coaches meeting.

All Conference

1. The winners of the three (3) relay races.
2. The winners of the individual events (14 girls and 14 boys)
3. Plus the top point earner for girls and boys at the regional meet.

Those athletes earning All-Conference recognition in track will be awarded a maximum of one medal. Awards will be presented following the completion of each final event.

General Meet Information

- The 800, 1600 and 3200 meter races will be started in alleys with a one turn stagger except for the 3200 meter relay which will be lane assigned.
- Nine athletes will qualify for the finals in Shot put, discus, long jump, and triple jump

Spikes

- 3/16" or less pyramid spikes allowed.

Meet Management

- Coaches and athletes will not be allowed in the infield area except for athletes who are warming up for their event.
- Coaches are asked to stay within the designated areas. These areas will be clearly marked for pole vault and jumping events.
- All spectators need to remain in the stands.
- Pep clubs, parents and fans are reminded that pep posters, banners and noise makers are not allowed at Regional or State sites
- Administrators will be assigned for supervision during each session

Team Camps

- You are welcome to set up camps in the grass area by the football field. **Absolutely no food or drinks in the track or field area.**

Water

- Star Valley HS will provide water and cups

Locker rooms

- Locker rooms will be available in the school for changing and showering only upon request. Please do not leave valuables in the locker rooms. Star Valley High School will not be providing towels.

Training room

- The training area will be set up by the concession area next to the track. A trainer will be provided. Please provide your own training supplies. Ice will be available on the field for injuries.

Bus and spectator parking

- Please see the aerial photo below of parking availability for buses and spectators.

Admission fees

As per WHSAA regulations, admission will be charged:

Adult \$5 per day Student \$3 per day

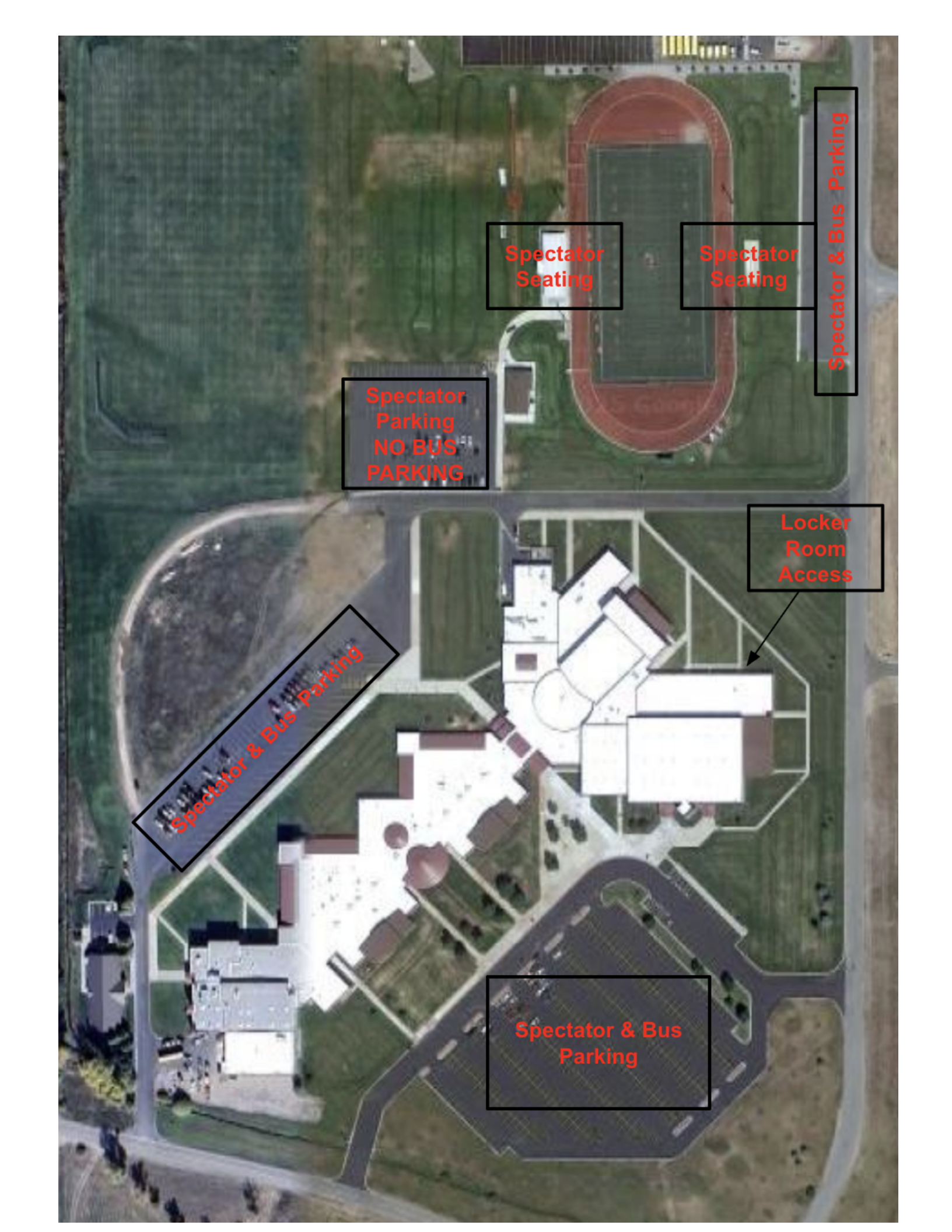
Two day pass prices

Adult \$8 Student \$5

Concessions will be available throughout the track meet

4A West Regional Track & Field Meet Schedule

Field Events							
Friday				Saturday			
Coaches Meeting – 10:00 a.m.							
12:00 p.m.	Boys Long Jump			9:00 a.m.	Girls Shot Put		
	Girls Discus				Boys Triple Jump		
	Boys Pole Vault				Girls High Jump		
2:00 p.m.	Girls Long Jump			12:00 p.m.	Boys Shot Put/Unified Athlete		
	Boys Discus				Girls Triple Jump		
	Girls Pole Vault				Boys High Jump		
Running Events							
Friday				Saturday			
1:00 p.m.	G/B	800 M Run	Finals	10:00 a.m.	G/B	3200 M Relay	Finals
1:30 p.m.	G	100 M Int. Hurdles	Prelims	10:30 a.m.	G	100 M Int. Hurdles	Finals
	B	110 M High Hurdles			B	110 M High Hurdles	Finals
2:15 p.m.	G/B	100 M Dash	Prelims	11:00 a.m.	G/B	100 M Dash	Finals
3:00 p.m.	G	300 M Low Hurdles	Prelims	11:45 a.m.	G/B	400 M Dash	Finals
	B	300 M Int. Hurdles	Prelims	12:30 p.m.	G/B	1600 M Run	Finals
3:45 p.m.	G/B	200 M Dash	Prelims	1:15 p.m.	G	300 M Low Hurdles	Finals
4:30 p.m.	G/B	3200 M Run	Finals		B	300 M Int. Hurdles	Finals
5:15 p.m.	G/B	400 M Relay	Finals	2:00 p.m.	G/B	200 M Dash	Finals
6:00 p.m.	G/B	400 M Dash	Prelims	2:45 p.m.	G/B	1600 M Relay	Finals
6:45 p.m.	G/B	1600 M Sprint Med.	Finals	**Times may be adjusted due to weather			



Spectator Seating

Spectator Seating

Spectator & Bus Parking

Spectator Parking
NO BUS
PARKING

Locker
Room
Access

Spectator & Bus Parking

Spectator & Bus
Parking