



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION  
3A & 4A STATE INDOOR TRACK CHAMPIONSHIPS  
CAMPBELL COUNTY RECREATION CENTER FIELDHOUSE  
MARCH 6-8, 2025

## **3A STATE INDOOR MEET SCHEDULE**

Wednesday, March 5:

3A Open Track Practice Times: 6:00pm-9:00pm

Thursday, March 6:

No morning practices allowed.

12:00pm - Teams can arrive to set up their camps in the gym areas. Team Packet pickup will be in the Hospitality room. Teams, please enter through the doors on the North end of the facility. Buses, park in bus lot. Map included in the email communication.

12:15pm The Southeast Doors will open for fans. No fans will be allowed into the facility before 12:15. Please communicate this to your fans.

12:30pm 3A Coaches meeting in the Hospitality room.

3A Running Events Girls first, then Boys.      3A Field Events (Finals immediately after Prelims)

2:30pm Sprint Medley Relay Finals

1:30pm Girls Triple Jump

3:15pm 3200 M Run Finals

1:30pm Boys Long Jump

4:15pm 400 M Finals

1:30pm Girls Pole Vault

4:45pm 55 M Hurdle Prelims

1:30pm Boys Shot Put

5:15pm 55 M Dash Prelims

Approximately 3:30pm Boys High Jump (after LJ)

5:45pm 4 X 800 Relay Finals

6:45pm 200 M Dash Prelims

Medals for completed Finals events will be presented during the afternoon and evening.

\*\*\*4A Practice Times: 8:00pm-9:30pm. 4A teams can work out during the listed times if desired. All teams will be expected to work together within the confines of the field house.

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CAMPBELL COUNTY RECREATION CENTER FIELDHOUSE  
MARCH 6-8, 2025

## **3A STATE INDOOR MEET SCHEDULE**

Friday, March 7:

7:00am - Teams can begin arriving to set up their camps in the gym areas.

7:15am The Southeast Doors will open for fans. No fans will be allowed into the facility before 7:15am. Please communicate this to your fans.

7:30am 3A Coaches meeting in the Hospitality room.

**3A Running Events** Girls first, then Boys.

**3A Field Events** (Finals immediately after Prelims)

9:00am 4 X 200 Relay Finals

8:30am Boys Triple Jump

9:35am 800 M Run Finals

8:30am Girls Long Jump

10:20am 55 M Hurdle Finals

8:30am Boys Pole Vault

10:45am 55 M Dash Finals

8:30am Girls Shot Put

11:10am 200 M Dash Finals

Approximately 10:30am Girls High Jump (after LJ)

11:45am 1600 M Run Finals

12:45pm 4 X 400 Relay Finals

Medals will be presented throughout the morning and Team Trophies will be awarded at the conclusion of the last event.

**4A Teams and Fans:** please follow the listed time schedule for arriving to the facility. One of the reasons for expanding the dates for the State meet is because of limited space for both teams and fans. The time schedule allows for the 3A teams and fans to depart, give the Rec Center custodial crew a moment to clean things up, and then have 4A teams and fans come in and get prepared for their meet. We need to ask for your cooperation to not arrive until the listed times. Thank you.

WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION  
3A & 4A STATE INDOOR TRACK CHAMPIONSHIPS  
CAMPBELL COUNTY RECREATION CENTER FIELDHOUSE

MARCH 6-8, 2025

## **4A STATE INDOOR MEET SCHEDULE**

Friday, March 7:

1:00pm – 4A Teams can arrive to set up their camps in the gym areas. Packet pickup will be in the Hospitality room. Teams, please enter through the doors on the North end of the facility. Buses, park in bus lot. Map included in the email communication.

1:30pm The Southeast Doors will open for fans. No fans will be allowed into the facility before 1:30pm. Please communicate this to your fans.

1:30pm 4A Coaches meeting in the Hospitality room.

4A Running Events Girls first, then Boys.

4A Field Events (Finals immediately after Prelims)

3:30pm Sprint Medley Relay Finals

2:30pm 3A Girls Triple Jump

4:15pm 3200 M Run Finals

2:30pm Boys Long Jump

5:15pm 400 M Finals

2:30pm Girls Pole Vault

5:45pm 55 M Hurdle Prelims

2:30pm Boys Shot Put

6:15pm 55 M Dash Prelims

Approximately 4:30pm Boys High Jump (after LJ)

6:45pm 4 X 800 Relay Finals

7:45pm 200 M Dash Prelims

Medals for completed Finals events will be presented during the afternoon and evening.

4A Open Track Practice Times: 8:30pm-9:00pm. The Rec Center custodial crew needs time clean the facility.

WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION  
3A & 4A STATE INDOOR TRACK CHAMPIONSHIPS  
CAMPBELL COUNTY RECREATION CENTER FIELDHOUSE  
MARCH 6-8, 2025

## **4A STATE INDOOR MEET SCHEDULE**

Saturday, March 8:

7:00am - Teams can begin arriving to set up their camps in the gym areas.

7:15am The Southeast Doors will open for fans. No fans will be allowed into the facility before 7:15am. Please communicate this to your fans.

7:30am 4A Coaches meeting in the Hospitality room.

4A Running Events Girls first, then Boys.

4A Field Events (Finals immediately after Prelims)

9:00am 4 X 200 Relay Finals

8:30am Boys Triple Jump

9:35am 800 M Run Finals

8:30am Girls Long Jump

10:20am 55 M Hurdle Finals

8:30am Boys Pole Vault

10:45am 55 M Dash Finals

8:30am Girls Shot Put

11:10am 200 M Dash Finals

Approximately 10:30am Girls High Jump (after LJ)

11:45am 1600 M Run Finals

12:45pm 4 X 400 Relay Finals

Medals will be presented throughout the morning and Team Trophies will be awarded at the conclusion of the last event.



**WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION STATE  
INDOOR TRACK CHAMPIONSHIPS CAMPBELL COUNTY  
RECREATION CENTER  
FIELD HOUSE**

**March 6-8, 2025**

**Entries:** All entries for 3A must be completed on MileSplit by 7:00 am, Thursday, March 6th. Only scratches will be allowed and are due by 8:00 am, on Thursday, March 6th. The 3A meet will be seeded at this time. All entries for 4A must be completed on MileSplit by 1:00 pm, Friday, March 7<sup>th</sup>. Only scratches will be allowed and are due by 2:00 pm, on Friday, March 7<sup>th</sup>. The 4A meet will be seeded at this time.

**Open Track Times:** There will be open track for teams from 6-9:00 pm on Wednesday March 5<sup>th</sup>.

**Entry Limits:**

Maximum: 4 events per athlete Maximum: 1 team  
entry per relay Maximum: 4 athletes per team per  
event

Exception: Teams may enter more than 4 athletes per event if they **all** have met the qualifying standard.

**Implement & Pole Vault Weigh-Ins:** One hour before the start of the meet, 12:30 am on Thursday for 3A and 7:30 on Friday, and 12:30 am on Friday for 4A and 7:30 on Saturday. Implements will be weighed-in in the storage room underneath Meet Results room (end of straightaway). Pole vaulters will weigh-in at the double doors to the left of the Training room behind the pole vault pit.

**Team Packets:** May be picked up beginning at 12:00 on March 6<sup>th</sup> for 3A and 1:00 on March 7<sup>th</sup> for 4A in the Meet Results room. ***Scratches may be made until 10:00 am on March 6<sup>th</sup> for 3A and 11:00 am on March 7<sup>th</sup> for 4A. Heat Sheets/Meet Programs may be picked up at the coaches meeting.***

**Team Camps:** Will be located in the gyms to the west of the track & field area. Only athletes competing or warming-up will be allowed in the Field House. **NO spikes are allowed in the gym area.** Coaches are responsible to make sure their athletes remain in the team camp area in the gym when not competing or warming up. *Please, police/clean up your team area at the end of each day.*

**Filming Areas:** Use of electronic devices to film or view with the athletes will only be allowed in the coaches' boxes or the grandstands. These two areas have been designated as the unrestricted areas.

**Spikes:** May be used only during competition. Only 3/16" pyramid spikes are allowed; they will be inspected. NO spikes are allowed in the team camp gym area.

**Trainer:** A Certified Athletic Trainer will be available; water and ice will be provided. The training room is located at the North end of the Field House. Please bring your own training supplies.

**Coaches/Workers Meeting:** Will be held at 12:00 on March 6th in the hospitality room in the lobby area of the Field House. Workers meeting will take place at 1:00 in the hospitality room.

**Seeding:** Heats will be seeded by times. A "no time" will be given to an athlete unless they have a current season recorded competition time in their entered event. Coaches need to be able to verify these times in case there is a challenge. According to **WHSAA Rule 7.14.81 and Rule 7.14.81.5**, open 800M times can be used to determine 4x800 relay seeding times for the State Indoor meet and open 400M times can be used to determine 4 x 400 relay seeding times.

**Scoring:** Scoring will be 10-8-6-5-4-3-2-1. Nine finalists will advance in the Triple Jump, Long Jump, and Shot Put. Eight finalists in the 55M Dash, 55M Hurdles, and the 200M. For the 200M, the fastest eight times will advance to the finals. Two heats of four with the fastest times in the final heat.

**Starting Heights:**

Pole Vault      Boys    4A 9', 3A 8'6"  
                         Girls    4A- 6', 3A 5'6"

High Jump      Boys    4A- 5", 3A-4'8"  
                         Girls    4A- 4', 3A-3'8"

**Field Events:** Field Events will run by class and gender (see schedule below). All prelims will be completed, immediately followed by finals for that class/gender before moving to the next classification.

**Lane Assignments:** 200/400 will be 7-8-6-5-4-3.

**Facility/Running Events:** The track facilities consist of an eight-lane straightaway with a 30M deceleration zone and six 200M circular lanes. Order will run 3A girls, 3A boys, 4A girls, 4A boys in all events.

**Exchange Zones:** *4X200M Relay*, the first exchange occurs between the acceleration mark (small red triangle) and the last red triangle in their lane, which is the 30meter exchange zone. The following relay members exchange between the straight row of red triangles and the last blue line which is 30 meters for the exchange.

- *Sprint Medley Relay*: the first exchange occurs between the acceleration mark (small red triangle) and the last red triangle in their lane, which is a 30meter exchange zone. Second exchange occurs between the straight row of small red triangles and the last blue line which is 30 meters for the exchange. The following relay members exchange between the first blue line to the next blue line which is a 20meter exchange zone.

**Parking:** Parent and fan parking is available on the East and South sides of the Field House. Team busses may drop off athletes and equipment then park on the North side of the Field House. Busses should park in the 5 bus parking spots on the North side of the Field House, along State St. or College Dr. to the North of the Field House.

**Awards:** Medals for the top 8 in each event of each classification will be presented at the conclusion of the final of the event throughout the meet at the awards stand. Campbell County High School and Thunder Basin High School cheerleaders will present medals to placers 2-8. The champion's coach will be asked to present the 1<sup>st</sup> place medal. Trophies will be awarded to the top 4 boys' teams and the top 4 girls teams in each classification at the conclusion of the meet.

**Results:** Results will be available after the completion of the meet. Heat results will be posted. Final results will be posted on the WHSAA website as well as on MileSplit. Live results will be streamed to the display board in the CCPRC Field House.

**Hospitality:** Coaches, workers and bus driver hospitality will be located in the conference room in the Field House lobby. Assigned number of wristbands will be in packets.

**T-Shirts:** Fine Designs will be selling memorabilia in the lobby of the Field House.

**Concessions:** Will be sold in the lobby of the Field House.

**Admission Cost:** If spectators plan on watching both meets, due to capacity restrictions, admission must be purchased separately for each meet.

3A Meet    Adults \$8.00 Students \$6.00  
4A Meet    Adults \$8.00 Students \$6.00

News Headlines

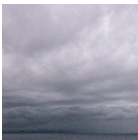
- [Significant Winter Storm and Wind Late Today and Tuesday.](#)

Hazardous Weather Conditions

- [Hazardous Weather Outlook](#)
- [Winter Weather Advisory in effect from March 3, 05:00 PM MST until March 4, 05:00 AM MST](#)
- [High Wind Warning in effect from March 4, 02:00 AM MST until March 4, 05:00 PM MST](#)

Current conditions at  
Cheyenne, Cheyenne Airport (KCYS)

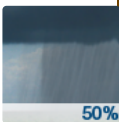
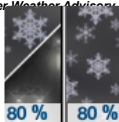







Lat: 41.16°N Lon: 104.81°W Elev: 6116ft.



Overcast  
**48°F**  
9°C

**Humidity** 30%  
**Wind Speed** NW 15 G 28 mph  
**Barometer** 29.48 in (995.2 mb)  
**Dewpoint** 18°F (-8°C)  
**Visibility** 7.00 mi  
**Wind Chill** 42°F (6°C)  
**Last update** 3 Mar 2:53 pm MST

Extended Forecast for  
2 Miles WSW Cheyenne WY

This Afternoon	Tonight	Tuesday	Tuesday Night	Wednesday	Wednesday Night	Thursday	Thursday Night	Friday
 Click here for hazard details and duration	 Winter Weather Advisory	 High			 40%	 70%		
High: 57 °F Chance Showers and Breezy	Low: 26 °F Rain/Snow and Patchy Blowing Snow	High: 35 °F Chance Snow Showers and Windy	Low: 19 °F Mostly Clear	High: 47 °F Increasing Clouds	Low: 25 °F Chance Snow Showers	High: 40 °F Snow Showers Likely	Low: 20 °F Snow Showers	High: 32 °F Chance Snow Showers

Detailed Forecast

**This Afternoon**  
A 50 percent chance of showers and thunderstorms. Cloudy, with a high near 57. Breezy, with a north wind around 20 mph, with gusts as high as 30 mph.

**Tonight**  
Rain and snow showers likely before 10pm, then snow showers. Patchy blowing snow between 1am and 2am. Low around 26. Windy, with a north northwest wind 20 to 30 mph, with gusts as high as 45 mph. Chance of precipitation is 80%. New snow accumulation of less than one inch possible.

**Tuesday**  
A 40 percent chance of snow showers, mainly before 11am. Mostly cloudy, then gradually becoming sunny, with a high near 35. Windy, with a north northwest wind 25 to 35 mph, with gusts as high as 50 mph.

**Tuesday Night**  
Mostly clear, with a low around 19. North wind 5 to 15 mph, with gusts as high as 25 mph.

**Wednesday**  
Increasing clouds, with a high near 47. West northwest wind 10 to 15 mph.

**Wednesday Night**  
A 40 percent chance of snow showers, mainly after 11pm. Mostly cloudy, with a low around 25.

**Thursday**  
Snow showers likely, mainly after 11am. Mostly cloudy, with a high near 40. Chance of precipitation is 70%.

**Thursday Night**  
Snow showers. Mostly cloudy, with a low around 20.

**Friday**  
A chance of snow showers, mainly before 11am. Mostly cloudy, with a high near 32.

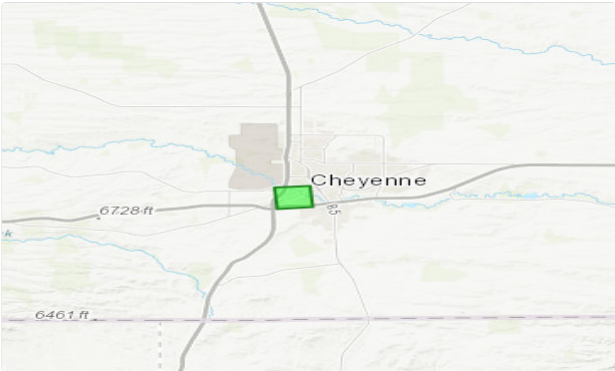
**Friday Night**  
Partly cloudy, with a low around 17.

**Saturday**  
Sunny, with a high near 44. Breezy.

**Saturday Night**  
Mostly clear, with a low around 26.

**Sunday**  
Sunny, with a high near 54.

**Sunday Night**  
Mostly clear, with a low around 28.



Forecast Area

ABOUT THIS FORECAST

**Point Forecast:**  
2 Miles WSW Cheyenne WY  
41.13°N 104.83°W (Elev. 6135 ft)

[Forecast Discussion](#)

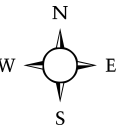
[KML](#) [XML](#)

Additional Resources

Radar & Satellite Image



# CAMPBELL COUNTY RECREATION CENTER





# ***MileSplit* WY**

MileSplit Wyoming helps parents stay updated on event schedules, results, rankings, and news for high school track and field, while offering athlete profiles and event highlights.

**SCAN QR CODE BELOW, TO STAY INFORMED**





# BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR VISIT  
GOFAN.CO & SEARCH  
CAMPBELL COUNTY HIGH SCHOOL





# ADMISSION COSTS:

	ADULTS	STUDENTS
3A Session	\$ 8.00	\$ 6.00
4A Session	\$ 8.00	\$ 6.00





