



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

6571 E. 2ND STREET

CASPER, WY 82609

(307)577-0614

TO: REGIONAL TRACK MEET DIRECTORS
FROM: CHAD WHITWORTH, ASSOCIATE COMMISSIONER
DATE: APRIL 22, 2025
SUBJ: PREPARATION FOR REGIONAL TRACK MEETS

I hope you are looking forward to a great Regional Track Meet.

In order for the WHSAA to properly prepare for the upcoming Regional and State Track Meets, we need your cooperation in completing the following:

Please review the WHSAA handbook track rules. Regional Track Meets are by definition a qualifying meet for the State Track Meet and therefore all regulations that apply to regular season qualifying meets also apply to Regional Meets. The Starter, Meet Director, and Meet Referee must be registered track officials with the WHSAA office. The Clerk of Course, Head Finish Judge, and Head Field Judge must have viewed the 2024-25 track rules clinic. All shots and discus must be weighed prior to competition to insure they are of legal weight. If any students surpass the 2025 Wyoming Track Qualifying Standards during the meet and do not qualify by place, they need to be entered in the State Meet by turning in their names and performances on a Track Qualifying Standard Report Form. Please see that all these individuals who qualify by mark at your Regional Track Meet are reported to the WHSAA office along with the individuals that qualify by place.

1. Eight places are scored at Regional and State Track Meets (10-8-6-5-4-3-2-1).
2. The WHSAA requires that all pole vaulters competing in the Regional Meet be weighed before the competition, and that checks be made to see that all vaulters vault with legal poles. The weight of vaulters in full competition uniform must be at or below the rating of any poles they use during warm up or competition. **When there are four or fewer competitors remaining in the pole vault, the bar shall be raised in 3" increments.**
3. Please send the WHSAA a time schedule and any other information sent to schools competing at the Regional Track Meet.
4. **The WHSAA will be assigning starters for the Regional Track Meets.** The WHSAA will pay the starter \$130 per day for the meet. All other personnel are to be supplied by the host school at no reimbursement from the WHSAA.
5. Meet Directors must purchase blank shells and may have the company bill the WHSAA.
6. Immediately following the track meet, on **Saturday**, back up the Hy-Tek database and **E-MAIL** it to the WHSAA office at: smccash@whsaa.org

Please make sure these results are complete, listing the state qualifiers, both last and first names, class, school, and marks achieved. Please also remember to list eligible alternates (these alternates must have competed in the finals).

7. Please return the financial statement form to the WHSAA following the meet along with a check in the amount of total gate revenues. The 20% school reimbursement will be refunded after taxes are paid by the WHSAA.

8. In the event there are ties for the last place state qualifier in field events at the Regional Track Meet, only TRUE ties will qualify the participants for the State Track Meet. Breaking ties will be done according to the methods described in the National Federation Track Rule book.
9. All entries must be submitted via MileSplit, on or before **the date requested by the regional host**. The number of entries allowed for Regional Meets is as follows:

1A -- Four (4) entries per event.
2A -- Four (4) entries per event.
3A -- Four (4) entries per event.
4A -- Four (4) entries per event.
One relay team per school 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, compete and score at the Regional Meet. The only way to exceed the allowed number of entries is if all athletes entered have met the qualifying standard.

WHSAA Rule 7.14.56 Athletes will also be allowed to qualify for State Track by meeting qualifying standards during the regular season. To be qualified to compete in an event at the State Track Meet, the athlete must be entered in that event at a WHSAA Regional Track Meet. All athletes that meet qualifying standards at WHSAA approved qualifying meets will be allowed to compete at Regional and State Track Meets provided all other WHSAA and National Federation rules are followed.

10. A Relay team can qualify for State three ways: (1) by place at the Regional Meet (2) by surpassing the qualifying standard at the Regional Meet or (3) by surpassing the qualifying standard during the season at an approved meet. If a coach chooses to qualify his relay team by method three, then he must submit a completed Track Qualifying Standard Report Form for that relay team along with his/her Regional entries to the Meet Director.
*****Each school may have only one relay team per relay event at the regional and state meet.**
11. Please remember that the 800, 1600 and 3200 meter races will be started in alleys with a one turn stagger except for the 3200 meter relay when there are eight or fewer teams.
12. Please review the ticket prices for Regional Track Meets (page 23 of the WHSAA Handbook).
13. By WHSAA Board adoption upon request by the Wyoming Track Coaches Association are the following:
1. In Regional Track Meets nine athletes qualify for the finals in shot put, discus, long jump, and triple jump.
 2. Heats and lanes for the preliminaries of running events and relays at the State Meet for all classes will be seeded from the Regional Meet by both place and time, and then those who qualified by standard will be heated. The first place finisher from each heat and the next fastest times (regardless of heat) to fill a field of eight will qualify to the finals at the State Meet.
 3. When there are eight or fewer teams at the Regional and State Meet in the 4 X 800 relay, the alley start should be waived, and each team assigned a lane.

Have a great track meet! If you should have any questions, please feel free to contact the WHSAA office: 577-0614.

**IF YOU NEED ASSISTANCE WITH HY-TEK TRAINING, PLEASE CONTACT SCOTT MCCASH AT:
577-0614**