

Wyoming 4A West Regional Track Meet

Hosted by Evanston High School

May 16 & 17, 2025

Hosted by Evanston High School

701 West Cheyenne Dr.

Bubba O'Neill ~ Activities Director

roneill@uinta1.com 307-789-7571



To: Activity Directors
4A West Track Coaches

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

Athletic Director – Bubba O'Neill

Meet Director – Ryan Berger

Meet Starter – Tom Nirider

Start Time: Friday-Coaches' 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

Entries

- All entries must be entered on MileSplit at <https://wy.milesplit.com/> by 8:00 pm on Thursday, May 15, 2025. Please attempt to make all changes the night before the meet in efforts to limit scratches and replacements. **Event Name ~ 4A West Regional** Appropriate school abbreviation 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
- Sport Trax

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 Region Meet. The only way to exceed the allowed number of entries is if all athletes entered have met qualifying standard.
- One relay team per school per event is allowed

Pictures and Rosters

- Please send me team pictures (with the athletes identified) and their roster, by Thursday, May 8th at noon dburce@uinta1.com

Coaches Meeting & Breakfast

- Coaches' meetings will be held Friday, May 16th at 10:00 a.m. in the Track shed, at the southeast corner of the track. 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 the tan sheds near the starting line. No students please.

4A By-Laws workers assignments:

(Evanston will provide workers for field events)

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

Results/Scoring

- Results will be posted on the wall press box.
- We are also using SportTrax app. THIS IS NOT FOR ENTRIES but only for convenience of coaches, parents and athletes to track results. See attached letter
- 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

- Please send a team logo .jpg or .png to mfackrell@uinta1.com
- 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

- 1/4" or less pyramid spikes allowed.

Shot and Discus / Pole Vault weigh-ins

- Weight certification for implements will be held each day between 12:00 and 12:30 in southeast corner of the track. Pole Vault weight certification will be held between 12:00 and 12:30 on Friday afternoon in the tan sheds at the southeast corner of the track.

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 north of the football field by the pole vault and jumping pits if you wish. **Absolutely no food or drinks in the stadium, track or field. Tents are not allowed on the infield or the immediate area of the track.**

Water

- Evanston HS will provide water and cups

Locker rooms

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

Training room

- The training area will be set up in sheds 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

- Busses will park on the triangle bus area north of the school. A few Handicap and elderly parking permits will be issued in the parking lot north of the school. General public parking is available around the school. Please obey the red curb and no parking / fire lane signs. With school in session on Friday, parking could be tight.

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. Regional T-Shirts See attached pre-order form to guarantee availability. We will have some available on site at the 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			

