



THE 1ST ANNUAL WYOMING INVITATIONAL

MEMORIAL 8 TRACK - LARAMIE, WYOMING

APRIL 28, 2007

SCHEDULE OF EVENTS

FIELD EVENTS

| | | | |
|------------|-------------|---------|-----------------|
| 10:00 a.m. | Hammer | (Women) | |
| 10:00 a.m. | Shot Put | (Men) | |
| 10:30 a.m. | Long Jump | (Women) | |
| 10:30 a.m. | Long Jump | (Men) | |
| 10:30 a.m. | High Jump | (Women) | (Men) to follow |
| 11:30 a.m. | Pole Vault | (Women) | (Men) to follow |
| 12:00 p.m. | Hammer | (Men) | |
| 1:00 p.m. | Triple Jump | (Women) | |
| 1:00 p.m. | Triple Jump | (Men) | |
| 1:45 p.m. | Javelin | (Women) | (Men) to follow |
| 3:15 p.m. | Discus | (Women) | (Men) to follow |

TRACK EVENTS

| | | |
|------------|-------------------------|---------|
| 12:00 p.m. | 3000 Meter Steeplechase | (Women) |
| 12:20 p.m. | 3000 Meter Steeplechase | (Men) |
| 12:40 p.m. | 400 Meter Relay | (Women) |
| 12:50 p.m. | 400 Meter Relay | (Men) |
| 12:55 p.m. | 1500 Meters | (Women) |
| 1:05 p.m. | 1500 Meters | (Men) |
| 1:20 p.m. | 100 Meter Hurdles | (Women) |
| 1:35 p.m. | 110 Meter Hurdles | (Men) |
| 1:50 p.m. | 400 Meters | (Women) |
| 2:00 p.m. | 400 Meters | (Men) |
| 2:10 p.m. | 100 Meters | (Women) |
| 2:20 p.m. | 100 Meters | (Men) |
| 2:30 p.m. | 800 Meters | (Women) |
| 2:40 p.m. | 800 Meters | (Men) |
| 2:55 p.m. | 400 Meter Hurdles | (Women) |
| 3:10 p.m. | 400 Meter Hurdles | (Men) |
| 3:25 p.m. | 200 Meters | (Women) |
| 3:40 p.m. | 200 Meters | (Men) |
| 3:55 p.m. | 3000 Meters | (Women) |
| 4:15 p.m. | 3000 Meters | (Men) |
| 4:35 p.m. | 1600 Meter Relay | (Women) |
| 4:45 p.m. | 1600 Meter Relay | (Men) |

ALL EVENTS WILL
BEGIN ON TIME. IF
CHANGES ARE MADE
THEY WILL BE
ANNOUNCED.

TRACK AND FIELD STAFF

Head Coach: Don Yentes (Judson College '81)
Cross Country Coach: Randy Cole (Cal Poly '80)
Asst. Coach (Throws): Paul Barrett (Wash. St. '91)
Asst. Coach (Jumps/Multis): Quincy Howe (Wyoming '03)
Sports Information Contact: Keven Gibbs
Track Office Phone: (307) 766-5365
Sports Information Phone: (307) 766-2256
Sports Information Fax: (307) 766-2346



2007 MIDWEST REGIONAL QUALIFYING STANDARDS

MEN

| Event | FAT | MT |
|-------------------|---------|---------|
| 100 Meters | 10.44 | – |
| 200 Meters | 21.07 | – |
| 400 Meters | 46.99 | 46.70 |
| 800 Meters | 1:51.75 | 1:51.40 |
| 1,500 Meters | 3:56.99 | 3:56.60 |
| 3,000 Meter SC | 9:32.39 | 9:32.00 |
| 110-Meter Hurdles | 14.22 | – |
| 400-Meter Hurdles | 52.30 | 52.00 |
| 400-Meter Relay | 40.42 | 40.20 |
| 1,600-Meter Relay | 3:09.16 | 3:08.90 |

FIELD EVENTS

| | Metric | Emperial |
|-------------|--------|------------|
| High Jump | 2.10 | 6'-10.75" |
| Pole Vault | 5.05 | 16'-6.75" |
| Long Jump | 7.34 | 24'-1.00" |
| Triple Jump | 15.00 | 49'-2.50" |
| Shot Put | 16.80 | 55'-1.50" |
| Discus | 51.70 | 169'-7.00" |
| Javelin | 61.60 | 202'-1.00" |
| Hammer | 55.60 | 182'-5.00" |

SC = STEEPLECHASE

2007 MIDWEST REGIONAL QUALIFYING STANDARDS

WOMEN

| Event | FAT | MT |
|-------------------|----------|---------|
| 100 Meters | 11.68 | – |
| 200 Meters | 23.02 | – |
| 400 Meters | 54.40 | 54.1 |
| 800 Meters | 2:11.38 | 2:11.0 |
| 1,500 Meters | 4:38.60 | 4:38.3 |
| 3,000 Meter SC | 11:20.44 | 11:20.2 |
| 100-Meter Hurdles | 13.84 | – |
| 400-Meter Hurdles | 1:00.61 | 1:00.3 |
| 400-Meter Relay | 45.42 | 45.2 |
| 1,600-Meter Relay | 3:41.16 | 3:40.9 |

FIELD EVENTS

| | Metric | Emperial |
|-------------|--------|------------|
| High Jump | 1.75 | 5'-8.75" |
| Pole Vault | 3.80 | 12'-5.50" |
| Long Jump | 6.00 | 19'-8.25" |
| Triple Jump | 12.32 | 40'-5.00" |
| Shot Put | 14.30 | 46'-11.00" |
| Discus | 47.30 | 155'-2.00" |
| Javelin | 43.45 | 142'-6.00" |
| Hammer | 54.15 | 177'-8.00" |

SC = STEEPLECHASE



This year marks the first time a track and field invitational has been hosted in Laramie, Wyoming at the Louis S. Madrid Sports Complex and Memorial 8 Track. Teams participating in this year's meet will be the United States Air Force Academy, Colorado State University, the University of Colorado, the University of Northern Colorado, Eastern Michigan University and the University of Wyoming.

