

WYOMING OPEN
INDOOR TRACK AND FIELD MEET

Date: Saturday, December 8, 2007

Place: War Memorial Fieldhouse
University of Wyoming
Laramie, Wyoming

Field Events: Start @ 12:00 PM

Track Events: Start @ 2:00 PM

NCAA Rules will be used in all cases.

Entry Due Date: Final Entries are due WEDNESDAY, DECEMBER 5, 2007
Please use the enclosed Entry Forms.

Implement Weigh-In: Throwing implements will be weighed-in 1 hour before the
start of the respective throwing event.

Event Check-In: Field Event competitors must check in at the event site 30
minutes before the event start.
Track Event competitors must check in with the Clerk at the
starting line of the event 10 minutes before the event start.

Team Camps: Upstairs on the west side of the fieldhouse.

Training Room: Located in the east hallway, lower level of Fieldhouse.

Entry Fee: \$10.00 per athlete.

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SCHEDULE OF EVENTS

FIELD EVENTS

12:00 PM	WEIGHT THROW	Women / Men to Follow
	HIGH JUMP	Men / Women to Follow
	LONG JUMP	Women / Men to Follow
2:00 PM	POLE VAULT	Women / Men to Follow
	SHOT PUT	Women / Men to Follow
	TRIPLE JUMP	Women / Men to Follow

TRACK EVENTS

Women will run first followed by Men

2:30 PM	55 M HURDLES
2:45 PM	55 M
3:00 PM	1 MILE
3:15 PM	400 M
3:30 PM	600 YD
3:40 PM	800 M
3:50 PM	200 M
4:10 PM	4 X 400 M RELAY