

Instructions for Use:

1. Go to the SETUP worksheet and enter your track meet name and date
2. Also on the SETUP page, enter the scoring system to be used for the track meet.
3. As events are completed and score cards come in, enter the results in the corresponding areas on the BOYS or GIRLS worksheets.
- NOTE: In order for the team scoring and outstanding individuals to work, you must use a consistent set of names for the **team** and for **individuals names** (for example, Central High School could be entered as CHS under the 'School' column, and a contestant J. Doe must be typed as J. Doe in each event he/she participates in)

**** Limitation - Currently, relay events are not tabulated in the outstanding individual tally!**

4. To determine team and outstanding individual scoring, go to the BOYS-TEAM or GIRLS-TEAM workbooks. The point leaders for teams and individuals should be automatically tabulated and updated (assuming macros are enabled).
5. Results are set to print out on 2 pages for boys and 2 pages for girls. Team results should fit on a single page.



| | | | |
|-------------------------|------------------|-----------------------------------|--|
| Track Meet Setup | | | |
| Track Meet Name | WHS Invite Girls | <-- Type here in the yellow boxes | |
| Meet Date | 3/28/17 | | |
| | | | |

| Scoring/Points (Individual Events) | | Points System No. of Teams Competing | Points for Individual Scoring | Points for Relay Scoring |
|------------------------------------|---|--|----------------------------------|-----------------------------|
| 1st | 8 | 2 Teams | 5-3-1 | 5 |
| 2nd | 6 | 3 Teams | 5-3-2-1 | 5-3 |
| 3rd | 4 | 4 Teams | 6-4-3-2-1 | 6-4-2 |
| 4th | 2 | 5 Teams | 8-6-4-2-1 | 8-6-4-2 |
| 5th | 1 | 6 Teams | 10-8-6-4-2-1 | 10-8-6-4-2 |
| 6th | 0 | 7 Teams or more | 10-8-6-4-2-1 | 10-8-6-4-2-1 |

| Scoring/Points (Relay Events) | | | |
|-------------------------------|---|--|--|
| 1st | 8 | | |
| 2nd | 6 | | |
| 3rd | 4 | | |
| 4th | 2 | | |
| 5th | 0 | | |
| 6th | 0 | | |

WHS Invite Girls - 42822
GIRLS

| Event | Place | School | Contestant(s) | Time/Dist. | Points | Event Type | Records | | |
|---------------|-------|--------|---------------------------------|------------|--------|------------|------------------|---------|----------------|
| 4 x 800 Relay | 1st | WHS | Dillick, Brown, Becker, Ruggles | 10:10.00 | 8 | Relay | Meet Record | | |
| | 2nd | WLHS | | 10:38.00 | 6 | Relay | WHS Girls Record | 09:12.0 | 2008 |
| | 3rd | PHHS | | 10:46.00 | 4 | Relay | State Record | | |
| | 4th | FCHS | | 11:14.00 | 2 | Relay | | | |
| | 5th | | | | 0 | Relay | | | |
| | 6th | | | | 0 | Relay | | | |
| 100 Hurdles | 1st | WHS | Robertson | 00:15.00 | 8 | Track | Meet Record | | |
| | 2nd | WHS | Henson | 00:17.00 | 6 | Track | WHS Girls Record | 15.44 | 2016 Robertson |
| | 3rd | WLHS | Penquite | 00:18.00 | 4 | Track | State Record | | |
| | 4th | WLHS | Yifeiheng | 00:18.11 | 2 | Track | | | |
| | 5th | PHHS | Manchess | 00:18.00 | 1 | Track | | | |
| | 6th | WLHS | Parker | 00:19.00 | 0 | Track | | | |
| 100 | 1st | FCHS | Mobley | 00:12.00 | 8 | Track | Meet Record | | |
| | 2nd | WLHS | Thomas | 00:12.00 | 6 | Track | WHS Girls Record | 12.11 | 2015 Hubbard |
| | 3rd | FCHS | Walker | 00:13.00 | 4 | Track | State Record | | |
| | 4th | WLHS | Williams | 00:13.00 | 2 | Track | | | |
| | 5th | FCHS | Seider | 00:13.00 | 1 | Track | | | |
| | 6th | | | | 0 | Track | | | |
| 1600 | 1st | FCHS | Hoover | 05:20.00 | 8 | Track | Meet Record | | |
| | 2nd | WHS | Bailey | 05:24.00 | 6 | Track | WHS Girls Record | 04:56.0 | 2007 Krasich |
| | 3rd | WLHS | Tate | 05:25.00 | 4 | Track | State Record | | |
| | 4th | FCHS | Reedus | 05:28.00 | 2 | Track | | | |
| | 5th | WLHS | Tate | 05:41.00 | 1 | Track | | | |
| | 6th | | | | 0 | Track | | | |
| 4 x 100 Relay | 1st | FCHS | | 00:51.00 | 8 | Relay | Meet Record | | |
| | 2nd | WHS | Robertson, Fife, Evans, Ballard | 00:51.00 | 6 | Relay | WHS Girls Record | 48.8 | 2002 |
| | 3rd | WLHS | | 00:55.00 | 4 | Relay | State Record | | |
| | 4th | PCRHS | | 00:55.00 | 2 | Relay | | | |
| | 5th | | | | 0 | Relay | | | |
| | 6th | | | | 0 | Relay | | | |
| 400 | 1st | FCHS | Hoover | 01:01.00 | 8 | Track | Meet Record | | |
| | 2nd | WHS | Brown | 01:02.00 | 6 | Track | WHS Girls Record | 56.42 | 2003 McEowen |
| | 3rd | FCHS | Comastri | 01:09.00 | 4 | Track | State Record | | |
| | 4th | FCHS | Thompson | 01:07.00 | 2 | Track | | | |
| | 5th | PCRHS | Williams | 01:07.00 | 1 | Track | | | |
| | 6th | | | | 0 | Track | | | |
| 300 Hurdles | 1st | WLHS | Udo-Imeh | 00:49.00 | 8 | Track | Meet Record | | |
| | 2nd | WHS | Fife | 00:49.00 | 6 | Track | WHS Girls Record | 48.55 | 2016 Robertson |
| | 3rd | FCHS | Mitchell | 00:50.00 | 4 | Track | State Record | | |
| | 4th | PHHS | Manchess | 00:53.66 | 2 | Track | | | |
| | 5th | PHHS | Parker | 00:54.00 | 1 | Track | | | |
| | 6th | | | | 0 | Track | | | |
| 800 | 1st | WHS | Dillick | 02:29.00 | 8 | Track | Meet Record | | |
| | 2nd | FCHS | Reedus | 02:30.00 | 6 | Track | WHS Girls Record | 02:14.0 | 2016 Leahy |
| | 3rd | WHS | Ruggles | 02:34.00 | 4 | Track | State Record | | |
| | 4th | WHS | Becker | 02:34.00 | 2 | Track | | | |
| | 5th | PHHS | Magars | 02:35.00 | 1 | Track | | | |
| | 6th | | | | 0 | Track | | | |
| 200 | 1st | FCHS | Mobley | 00:26.00 | 8 | Track | Meet Record | | |
| | 2nd | WLHS | Thomas | 00:27.00 | 6 | Track | WHS Girls Record | 24.96 | 2003 McEowen |
| | 3rd | FCHS | Walker | 00:27.00 | 4 | Track | State Record | | |
| | 4th | FCHS | Coker | 00:28.00 | 2 | Track | | | |
| | 5th | WLHS | Williams | 00:28.00 | 1 | Track | | | |
| | 6th | | | | 0 | Track | | | |
| 3200 | 1st | WLHS | Schultz | 11:39.00 | 8 | Track | Meet Record | | |
| | 2nd | PHHS | Baer | 11:57.00 | 6 | Track | WHS Girls Record | 11:01.0 | 2007 Krasich |
| | 3rd | FCHS | | 12:16.00 | 4 | Track | State Record | | |
| | 4th | WHS | Bogie | 12:18.00 | 2 | Track | | | |
| | 5th | WLHS | | 12:32.00 | 1 | Track | | | |
| | 6th | | | | 0 | Track | | | |
| 4 x 400 Relay | 1st | FCHS | | 04:13.00 | 8 | Relay | Meet Record | | |
| | 2nd | WHS | | 04:18.00 | 6 | Relay | WHS Girls Record | 03:55.0 | 2003 |
| | 3rd | PHHS | | 04:36.00 | 4 | Relay | State Record | | |
| | 4th | | | | 2 | Relay | | | |
| | 5th | | | | 0 | Relay | | | |
| | 6th | | | | 0 | Relay | | | |
| Shot | 1st | WLHS | Weatherly | 36'9" | 8 | Field | Meet Record | | |
| | 2nd | WHS | Caldwell | 35'8.5" | 6 | Field | WHS Girls Record | 45'1" | 2003 Fryerson |
| | 3rd | FCHS | Evans | 30'9" | 4 | Field | State Record | | |

| | | | | | | |
|------------|-----|------|-----------|-----------|---|-------|
| Put | 4th | WHS | Grimes | 29'2" | 2 | Field |
| | 5th | FCHS | Mobley | 28'11.5" | 1 | Field |
| | 6th | | | | 0 | Field |
| Discus | 1st | WLHS | Harris | 121'7" | 8 | Field |
| | 2nd | FCHS | Evans | 111'7" | 6 | Field |
| | 3rd | WHS | Caldwell | 95'10" | 4 | Field |
| | 4th | WLHS | Weatherly | 94'0" | 2 | Field |
| | 5th | PHHS | Plieman | 84'8" | 1 | Field |
| | 6th | | | | 0 | Field |
| Pole Vault | 1st | WLHS | Siiliano | 10' | 8 | Field |
| | 2nd | FCHS | Robb | 9' | 6 | Field |
| | 3rd | FCHS | Khoury | 9' | 4 | Field |
| | 4th | FCHS | Moritz | 8'6" | 2 | Field |
| | 5th | WLHS | Penquite | 8' | 1 | Field |
| | 6th | | | | 0 | Field |
| High Jump | 1st | FCHS | Bell | 5'6" | 8 | Field |
| | 2nd | WHS | Evans | 5'2" | 6 | Field |
| | 3rd | PHHS | Manhall | 5'0" | 4 | Field |
| | 4th | WLHS | Folkers | 4'8" | 2 | Field |
| | 5th | FCHS | Thompson | 4'8" | 1 | Field |
| | 6th | | | | 0 | Field |
| Long Jump | 1st | FCHS | Ferrell | 16'11"1/4 | 8 | Field |
| | 2nd | WHS | Evans | 16'1" | 6 | Field |
| | 3rd | WLHS | Penolite | 15'5"1/4 | 4 | Field |
| | 4th | FCHS | Bell | 15'2"1/2 | 2 | Field |
| | 5th | FCHS | Mitchell | 15'1"1/4 | 1 | Field |
| | 6th | | | | 0 | Field |

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|------------------|-----------|--|---------------|
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| | | | |
| | | | |
| Meet Record | | | |
| WHS Girls Record | 119'0" | | 2003 Fryerson |
| State Record | | | |
| | | | |
| | | | |
| | | | |
| Meet Record | | | |
| WHS Girls Record | 11'6" | | 2008 Kinnaman |
| State Record | | | |
| | | | |
| | | | |
| | | | |
| Meet Record | | | |
| WHS Girls Record | 5'6" | | 2002 McEowen |
| State Record | | | |
| | | | |
| | | | |
| | | | |
| Meet Record | | | |
| WHS Girls Record | 17'10.50" | | 2016 Spears |
| State Record | | | |
| | | | |
| | | | |
| | | | |

**WHS Invite Girls - 42822
GIRLS**

| TEAM RESULTS | | OUTSTANDING INDIVIDUALS | | | | |
|---------------|-------|-------------------------|---------------------|----------------------|-------|----|
| Sum of Points | | Sum of Points | | | | |
| School | Total | Event Type | Contestant(s) | School | Total | |
| FCHS | 126 | Field | Evans | WHS | 12 | |
| WHS | 92 | | | FCHS | 10 | |
| WLHS | 86 | | Caldwell | WHS | 10 | |
| PHHS | 24 | | Bell | FCHS | 10 | |
| PCRHS | 3 | | Weatherly | WLHS | 10 | |
| | | | Harris | WLHS | 8 | |
| | | | Ferrell | FCHS | 8 | |
| | | | Sieiliano | WLHS | 8 | |
| | | | Track | Mobley | FCHS | 16 |
| | | | | Hoover | FCHS | 16 |
| | | Thomas | | WLHS | 12 | |
| | | Dillick | | WHS | 8 | |
| | | Udo-Imeh | | WLHS | 8 | |
| | | Walker | | FCHS | 8 | |
| | | Schultz | | WLHS | 8 | |
| | | Robertson | | WHS | 8 | |
| | | Reedus | | FCHS | 8 | |
| | | Relay | | Dillick, Brown, Beck | WHS | 8 |
| | | | Robertson, Fife, Ev | WHS | 6 | |

Scores should be automatically updated when changes are made on the GIRLS results sheet

You can manually update each table by right-clicking on each table and choosing "Refresh"

