

WAYNE-FINGER LAKES TRACK & FIELD CHAMPIONSHIPS

MEET INFORMATION

- Date:** Saturday, May 20, 2017
- Place:** Sodus High School
- Time:** 10:00 am
- Entries:** Only the top 32 entries in each event will be accepted for participation. You must have a mark on the leaderboard to enter. Only one performance is needed to enter the championships except for the pentathlon where no previous performance is needed. Each school may enter 1 boy and 1 girl in the pentathlon that has not competed in that event during the season. All other pentathlon entries will be an at large bid.
Entries will be made to www.ventiming.com Entry deadline is 9:00 pm, Monday May 15th.
- Scoring:** Team Scoring: 10, 8, 6, 5, 4, 3, 2, 1
- Awards:** Medals to 1st place and ribbons to 2nd – 8th place finishers in each event. League Championship Trophy to the top team. There will also be a B/G MVP Track Award and a B/G MVP Field Award presented at the end of the meet.
- Facilities:** 8 lane all weather surface with steeplechase.
Two horizontal jumping areas with all weather surface runways.
Two high jump and one pole vault areas with all weather surfaces.
Two shot put and one discus area with concrete throwing surfaces.
- Track Rules:** Max 3/16” spikes will be permitted. All spectators and non-competitors will not be permitted inside the competition areas.
- Athlete Check-In:** Athletes in all running events must check in with the clerk prior to the start of their race. Athletes in field events should report to the site of their event for check in prior to the start of competition.
- Starting Blocks:** Adjustable starting blocks are provided. However, you may use your own blocks as well.

Conduct of Meet: All running events will be conducted as finals. If more than one section is necessary, they will be run against time. Sections, lanes and flights will be seeded according to entry times or distances. Sections will be run slow to fast. A schedule of events is enclosed in this packet.

Timing: Finish Lynx timing will be utilized.

Concessions: Food and drink will be available to athletes and spectators at the track concession stand.

Results: Complete results will be posted at concession building as well as on the Section V web site.

Admission: **\$3.00 for all spectators**

Order of Events:

G/ 100M PENT HURDLES

G/ 100M HURDLES

B/ 110M PENT HURDLES

B/ 110M HURDLES

G/ 4X800M RELAY

B/ 4X800M RELAY

G/ 100M DASH

B/ 100M DASH

G/ 2000M STEEPLECHASE

B/ 3000M STEEPLECHASE

G/ 400M DASH

B/ 400M DASH

G/ 1500M RUN

B/ 1600M RUN

G/ 4X100M RELAY

B/ 4X100M RELAY

G/ 400M HURDLES

B/ 400M HURDLES

G/ 800M RUN

B/ 800M RUN

G/ 200M DASH

B/ 200M DASH

G/ 3000M RUN

B/ 3200M RUN

G/ PENT 800M

B/ PENT 1500M

G/ 4X400M RELAY

B/ 4X400M RELAY

Boys - Long Jump then Triple Jump

- Discus then Shot Put

- High Jump after pent. HJ

- Pole Vault

Girls - Long Jump then Triple Jump

- Shot Put then Discus

- High Jump after pent. HJ

- Pole Vault

Pentathlon

100/110 Hurdles

High Jump - 2 pits

Shot Put

Long Jump - 2 pits

800m/1500m