

# WAYNE-FINGER LAKES TRACK & FIELD

## VARSIITY MEET PROCEDURES

**MEET START TIME - 4:30**

**PRE-MEET DUTIES** - COACHES/OFFICIALS MEETING  
- ORGANIZE FINISH LINE / MEET DUTIES

### **ORDER OF EVENTS:**

G/ 100M HURDLES  
B/ 110M HURDLES  
G/B 4x800M RELAY  
G/B 100M DASH  
G/B 400M DASH  
G/ 1500M RUN  
B/ 1600M RUN  
G/B 4x100M RELAY  
G/B 400M HURDLES  
G/B 800M RUN  
G/B 200M DASH  
G/ 3000M RUN  
B/ 3200M RUN  
G/B 4x400M RELAY

### **FIELD EVENTS:**

G/B SHOT PUT  
B/G DISCUS  
B/G HIGH JUMP  
G/B POLE VAULT  
G/B LONG JUMP followed by  
G/B TRIPLE JUMP

### **Starting heights for vertical jumps**

G/ Pole Vault: start at 5'6" up by 6"  
B/ Pole Vault: start at 7'0" up by 6"  
G/ High Jump: start at 3'9" up by 3" to 4'  
then up by 2"  
B/ High Jump: start at 4'6" up by 3" to 5'  
then up by 2"

**Long Jump, Triple Jump, Shot Put and Discus will be seeded and contested in flights.**

**The maximum number of entries per event/per school shall be 4 in all events.**

**The number of exhibitions will be limited to 4 total athletes per team to be used in any event throughout the meet. Exhibitions will not affect team scores.**

**POST-MEET DUTIES** - VERIFY TEAM SCORES  
- HOME SCHOOL MUST SEND RESULTS TO:  
- Visiting Teams  
- League Coordinator  
- League Website  
- Newspapers