

WAYNE-FINGER LAKES TRACK & FIELD 2018 JV/MODIFIED ORDER OF EVENTS

Field Events Entry Limitations

**JV - 3 Boys/3 Girls per event
Modified – 5 Boys/5 Girls per event**

Event Guidelines

Steeplechase will only be contested if we have 5+ entries

JV 3200m/3000m can be run together

JV/Mod may be combined in the 1500m/1600m if entries are low

Pole Vault will be contested coed and begin competition by 5:00pm

JV/Mod will be combined for High Jump

Shot Put and Discus will be contested in flights

Long Jump and Triple Jump will be contested in open pits.

Long Jump will be allowed 1 hour

Triple Jump will be allowed 45 minutes

Warm-up time between Jumps will be 15 minutes

Thursday April 12th @ Red Jacket / Waterloo / Wayne - Modified Only

B 55m Hurdles 33"

G 55m Hurdles 30"

B/G 200m

B 1600m

G 1500m

B/G 100m

B/G 400m

B/G 200m Hurdles

B/G 800m

B/G 4x200m Relay

B/G 4x100m Relay

B/G Shot Put

G/B Discus

B/G High Jump

LJ/TJ @ Waterloo / Wayne

Pit 1 – B Long Jump/Triple Jump

Pit 2 – G Long Jump/Triple Jump

LJ/TJ @ Red Jacket

G/B Long Jump/Triple Jump

Thursday April 19th @ Bloomfield / Dundee / East Rochester

B 3000m Steeplechase (Varsity all-comer)

G 2000m Steeplechase (Varsity all-comer)

B 110m Hurdles (JV)

G 100m Hurdles (JV)

B 55m Hurdles 33" (Mod)

G 55m Hurdles 30" (Mod)

B/G 200m (JV, Mod)

B 1600m (Mod)

G 1500m (Mod)

B/G 100m (JV, Mod)

B/G 400m (Mod)

B/G 200m Hurdles (Mod)

B/G 800m (JV, Mod)

B/G 4x200m Relay (Mod)

B/G 4x100m Relay (JV, Mod)

B/G Shot Put

G/B Discus

B/G High Jump

Coed Pole Vault (JV only)

Pit 1 – B Long Jump/Triple Jump

Pit 2 – G Long Jump/Triple Jump

Thursday April 26th @ Williamson / Red Jacket

B 3200m (JV)
G 3000m (JV)
B 55m Hurdles 33" (Mod)
G 55m Hurdles 30" (Mod)
B/G 200m (Mod)
B 1600m (JV, Mod)
G 1500m (JV, Mod)
B/G 100m (JV,Mod)
B/G 400m (JV,Mod)
B/G 400m Hurdles (JV)
B/G 200m Hurdles (Mod)
B/G 800m (Mod)
B/G 4x200m Relay (Mod)
B/G 4x100m Relay (JV,Mod)

G/B Shot Put
B/G Discus
G/B High Jump
Coed Pole Vault (JV only)
LJ/TJ @ Williamson
Pit 1 – B Triple Jump/Long Jump
Pit 2 – G Triple Jump/Long Jump

LJ/TJ @ Red Jacket (Mod Only)
B/G Triple Jump/Long Jump

Thursday April 26th @ Lyons

B 3000m Steeplechase (Varsity all-comer)
G 2000m Steeplechase (Varsity all-comer)
B 55m Hurdles 33" (Mod)
G 55m Hurdles 30" (Mod)
B/G 200m (Mod)
B 1600m (JV, Mod)
G 1500m (JV, Mod)
B/G 100m (JV,Mod)
B/G 400m (JV,Mod)
B/G 400m Hurdles (JV)
B/G 200m Hurdles (Mod)
B/G 800m (Mod)
B/G 4x200m Relay (Mod)
B/G 4x100m Relay (JV,Mod)

G/B Shot Put
B/G Discus
G/B High Jump
Coed Pole Vault (JV only)
LJ/TJ @ Lyons
Pit 1 – B Triple Jump/Long Jump
Pit 2 – G Triple Jump/Long Jump

Thursday May 3rd @ Marcus Whitman / Marion

B 3000m Steeplechase (Varsity all-comer)
G 2000m Steeplechase (Varsity all-comer)
B 110m Hurdles (JV)
G 100m Hurdles (JV)
B 55m Hurdles 33" (Mod)
G 55m Hurdles 30" (Mod)
B/G 200m (JV,Mod)
B 1600m (Mod)
G 1500m (Mod)
B/G 100m (JV, Mod)
B/G 400m (Mod)
B/G 200m Hurdles (Mod)
B/G 800m (JV,Mod)
B/G 4x200m Relay (Mod)
B/G 4x100m Relay (JV, Mod)

B/G Shot Put
G/B Discus
B/G High Jump
Coed Pole Vault (JV only)

LJ/TJ @Marion

Pit 1 – B Long Jump/Triple Jump
Pit 2 – G Long Jump/Triple Jump

LJ/TJ @Marcus Whitman (Mod Only)

G/B Long Jump/Triple Jump

Thursday May 3rd @ Midlakes

B 3200m (JV)
G 3000m (JV)
B 110m Hurdles (JV)
G 100m Hurdles (JV)
B 55m Hurdles 33" (Mod)
G 55m Hurdles 30" (Mod)
B/G 200m (JV,Mod)
B 1600m (Mod)
G 1500m (Mod)
B/G 100m (JV, Mod)
B/G 400m (Mod)
B/G 200m Hurdles (Mod)
B/G 800m (JV,Mod)
B/G 4x200m Relay (Mod)
B/G 4x100m Relay (JV, Mod)

B/G Shot Put
G/B Discus
B/G High Jump
Coed Pole Vault (JV only)

Pit 1 – B Long Jump/Triple Jump
Pit 2 – G Long Jump/Triple Jump

Monday May 7th @ Mynderse / NR-W / Pal-Mac - Modified Only

B 55m Hurdles 33"

G 55m Hurdles 30"

B/G 200m

B 1600m

G 1500m

B/G 100m

B/G 400m

B/G 200m Hurdles

B/G 800m

B/G 4x200m Relay

B/G 4x100m Relay

B/G Shot Put

G/B Discus

B/G High Jump

LJ/TJ @ Mynderse/NR-W

Pit 1 – B Long Jump/Triple Jump

Pit 2 – G Long Jump/Triple Jump

LJ/TJ @ Pal-Mac

G/B Long Jump/Triple Jump

Thursday May 10th @ Penn Yan / Sodus

3000m Steeplechase (Varsity all-comer)

2000m Steeplechase (Varsity all-comer)

B 55m Hurdles 33"

G 55m Hurdles 30"

B/G 200m (Mod)

B 1600m (JV, Mod)

G 1500m (JV, Mod)

B/G 100m (JV,Mod)

B/G 400m (JV,Mod)

B/G 400m Hurdles (JV)

B/G 200m Hurdles (Mod)

B/G 800m (Mod)

B/G 4x200m Relay (Mod)

B/G 4x100m Relay (JV,Mod)

G/B Shot Put

B/G Discus

G/B High Jump

Coed Pole Vault (JV only)

Pit 1 – B Triple Jump/Long Jump

Pit 2 – G Triple Jump/Long Jump

Thursday May 10th @ Red Jacket

B 3200m (JV)

G 3000m (JV)

B 55m Hurdles 33" (Mod)

G 55m Hurdles 30" (Mod)

B/G 200m (Mod)

B 1600m (JV, Mod)

G 1500m (JV, Mod)

B/G 100m (JV, Mod)

B/G 400m (JV, Mod)

B/G 400m Hurdles (JV)

B/G 200m Hurdles (Mod)

B/G 800m (Mod)

B/G 4x200m Relay (Mod)

B/G 4x100m Relay (JV, Mod)

G/B Shot Put

B/G Discus

G/B High Jump

LJ / TJ – Modified Only

B/G Long Jump followed by

B/G Triple Jump