

# WAYNE-FINGER LAKES TRACK & FIELD

## VARSITY 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

### **Heights for Vertical Jumps – Block 1, 3, 5**

GHJ – 3'9, 4'0, then up by 2"  
BHJ – 4'6, up 3" to 5', then up by 2"  
GPV – 5'6 up by 6"  
BPV – 7'0 up by 6"

### **Heights for Vertical Jumps – Block 2, 4, 6**

GHJ – 3'10, 4'1, then up by 2"  
BHJ – 4'7, up 3" to 5'1, then up by 2"  
GPV – 5'9 up by 6"  
BPV – 7'3 up by 6"

**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