

# WAYNE-FINGER LAKES TRACK & FIELD

## VARSITY MEET PROCEDURES / ORDER OF EVENTS

**MEET START TIME - 4:30**

**PRE-MEET DUTIES - COACHES/OFFICIALS MEETING**

- ORGANIZE FINISH LINE / MEET DUTIES

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

### **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"

**The 4x400m Relay will use a 3-turn stagger start at facilities that are properly marked.**

**The maximum number of entries per event/per school shall be 5 in all individual events. Schools may enter a "B" relay in each relay event.**

### **POST-MEET DUTIES:**

- HOME SCHOOL MUST SEND RESULTS TO:

- League Website and Visiting Coaches

### **Wednesday April 1st**

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

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

### **Tuesday April 14th**

G/B 400M HURDLES  
G/B 4x100M RELAY  
G/ 1500M RUN  
B/ 1600M RUN  
G/B 100M DASH  
G/B 400M DASH  
G/ 100M HURDLES  
G/B 110M HURDLES  
G/B 800M RUN  
G/B 200M DASH  
G/ 3000M RUN  
B/ 3200M RUN  
G/B 4x400M RELAY  
G/B 4x800m RELAY

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

### Thursday April 16th

G/B	800M RUN	B/G	SHOT PUT
G/	100M HURDLES	G/B	DISCUS
B/	110M HURDLES	G/B	HIGH JUMP
G/B	200M DASH	B/G	POLE VAULT
G/	3000m RUN	G/B	LONG JUMP followed by
B/	3200M RUN	G/B	TRIPLE JUMP
G/B	400M RUN		
G/B	400M HURDLES		
G/B	100M DASH		
G/	1500M RUN		
B/	1600M RUN		
G/B	4x100M RELAY		
G/B	4x400M RELAY		
G/B	4x800M RELAY		

### Tuesday April 21st (State Qualifier Track Order)

G/	100M HURDLES	G/B	SHOT PUT
B/	110M HURDLES	B/G	DISCUS
G/B	4x100M RELAY	B/G	HIGH JUMP
G/	1500M RUN	G/B	POLE VAULT
B/	1600M RUN	G/B	TRIPLE JUMP followed by
G/B	400M RUN	G/B	LONG JUMP
G/B	800M RUN		
G/B	100M DASH		
G/B	400M HURDLES		
G/	3000M RUN		
B/	3200M RUN		
G/B	200M DASH		
G/B	4x800M RELAY		
G/B	4x400M RELAY		

**Tuesday April 28th / Tuesday May 5th (League / Sectional Order)**

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

B/G SHOT PUT

G/B DISCUS

G/B HIGH JUMP

B/G POLE VAULT

G/B LONG JUMP followed by

G/B TRIPLE JUMP