

# WVAL Track & Field Championships 2018

Coaches Meeting: 3:30PM

Meet Start: 4:00PM

Field Events Check-In: 3:30

Athletes can compete in a maximum of four events (including relays).

All spectators must remain off the fields. They must remain behind the fences.

Please keep coaches, athletes, and other team supporters away from the timing area.

Protests must be made immediately by a coach following the event being protested.

Athletes may only use 1/4" spikes or less on the track and runways.

All Athletes **MUST** have competition number on hand in black sharpie for ALL events, including field.

Sign-ups for field events begin at 3:30 and continue until official start of the related flight.

Warm-ups for field events will only be allowed immediately prior to the related flight.

Height will be held for athletes if they check-out with high jump official and check-in within 10 minutes.

Shots and discus will be provided and will be the only permitted shot and discus for the meet.

8th grade boys use an 8lb shot, all others use a 6lb shot. All throwers use a 1kg discus.

<b>1600M</b>	Limit 3 participants per division
<b>65M HURDLES</b>	Limit 2 participants per division in qualifying race
<b>400M RELAY</b>	Limit 1 team per division (uniforms must satisfy CIF rules)
<b>800M</b>	Limit 3 participants per division
<b>100M</b>	Limit 2 participants per division in qualifying race
<b>1600M RELAY</b>	Limit 1 team per division (uniforms must satisfy CIF rules)
<b>FIELD EVENTS</b>	Limit 3 participants per division per event

## WVAL TRACK & FIELD CHAMPIONSHIP ORDER OF EVENTS

TUESDAY MAY 15, 2018		THURSDAY, MAY 17 2018	
<b>65M HURDLES TRIALS</b>	6G, 7G, 8G, 6B, 7B, 8B	<b>65M HURDLES FINALS</b>	6G, 7G, 8G, 6B, 7B, 8B
<b>100M TRIALS</b>	6G, 7G, 8G, 6B, 7B, 8B	<b>400M RELAY FINALS</b>	6G, 7G, 8G, 6B, 7B, 8B
<b>1600M FINALS</b>	6G, 7G, 8G, 6B, 7B, 8B	<b>800M FINALS</b>	6G, 7G, 8G, 6B, 7B, 8B
<b>400M RELAY TRIALS</b>	6G, 7G, 8G, 6B, 7B, 8B	<b>100M FINALS</b>	6G, 7G, 8G, 6B, 7B, 8B
		<b>1600M RELAY FINALS</b>	6G, 7G, 8G, 6B, 7B, 8B
<b>DISCUS FINALS</b>	7B, 6B, 8G	<b>DISCUS FINALS</b>	8B, 6G, 7G
<b>SHOT PUT FINALS</b>	8B, 6G, 7G	<b>SHOT PUT FINALS</b>	8G, 7B, 6B
<b>HIGH JUMP FINALS</b>	8G, 7B, 6B	<b>HIGH JUMP FINALS PIT</b>	8B, 7G, 6G
<b>LONG JUMP FINALS</b>	7B, 6B, 8G	<b>LONG JUMP FINALS</b>	7G, 6G, 8B
<b>TRIPLE JUMP FINALS</b>	8B, 7G, 6G	<b>TRIPLE JUMP FINALS</b>	7B, 6B, 8G