

WVAL Track & Field Practice Meets 2017

Coaches Meeting: 3:00pm

Meet Start: 3:45pm

Field Check In By: 4:30pm

- * 1/4" spikes or less
- * 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.

1600 Meters	No limit. May have up to 6 races depending on numbers
65 Meter Hurdles	Limit 12 participants per team
4x100 Meter Relay	2 teams per school (uniforms must satisfy CIF rules)
800 Meters	Limit 12 participants per team. May have up to 6 races depending on numbers
100 Meters	Limit 12 participants per team
4x400 Meter Relay	2 teams per school (uniforms must satisfy CIF rules)
All Field Events	Limit 12 participants per team

WVAL PRACTICE MEET ORDER OF EVENTS			
TRACK EVENTS:	START: 3:45	FIELD EVENTS:	START: 3:45
			CHECK IN BY: 4:30
<u>1600 Meters</u>	Heats may be combined.	<u>Estimated Start Times</u>	
6G 7G 8G 6B 7B 8B		3:45 - 6:00	All Long Jump (Open Pit)
		3:45 - 6:00	All Triple Jump (Open Pit)
<u>65 Meter Hurdles</u>		3:45 - 6:00	High Jump (G-3'6", B-3'8")
6G, 7G, 8G, 6B, 7B, 8B		3:45 - 6:00	All Discus (Open Pit)
		3:45 - 6:00	All Shot Put (Open Pit)
<u>4x100 Meter Relay</u>	Heats may be combined.	SHOT and DISCUS athletes need to warm up before throwing begins. Due to the OPEN PIT nature of the throwing events, there will be no warm up throws allowed once the event begins. Throwers will get three consecutive throws and only the best throw will be measured. The 8B use a 8lb shot, all others use a 6lb shot. All throwers use a 1kg discus.	
6G, 7G, 8G, 6B, 7B, 8B		LJ and TJ athletes need to warm up and get their marks before the events begin. Due to the OPEN PIT nature of the jumping events, there will be no warm up jumps allowed once the event begins. Each athlete gets three attempts, one at a time.	
<u>800 Meters</u>	Heats may be combined.	HJ athletes must notify official before leaving for another event. They will have to return to the official within 10 minutes or they will be excluded from further competition. Boys start time depends on girls' finish.	
6G, 7G, 8G, 6B, 7B, 8B			
<u>100 Meters</u>			
6G, 7G, 8G, 6B, 7B, 8B			
<u>4x400 Meter Relay</u>	Heats may be combined.		
6G, 7G, 8G, 6B, 7B, 8B			

This is the standard order of events for WVAL practice meets. League and County meets may be different.