

WVAL LEAGUE PRACTICE MEETS

TRACK EVENTS:

- **MILE: 6G 7G 8G, 6B, 7B, 8B**
- **HURDLES: 6,7,8 G 6,7,8 B**
 - 65 Meters for both genders
 - Maximum number of entries per team - 12
- **4 X 100 RELAY**
 - Two (2) relays per team
- **800 METERS: 6,7,8 G 6,7,8 B**
 - Maximum number of entries per team - 12
- **100 METERS: 6,7,8 G 6,7,8 B**
 - Maximum number of entries per team - 12
- **4 X 400 RELAY (MILE RELAY)**
 - Two (2) relays per team

FIELD EVENTS: (Maximum number of entries per team – 12)

- **HIGH JUMP:**
 - Girls start height at 3'6" then go up by 2" each time bar is raised. **All grades compete together.**
 - Boys start height at 3'8" then go up by 2" each time bar is raised. **All grades compete together.**
 - Three (3) attempts at height. Girls start time is 3:45, Boys start time 4:45-5:00.
 - Athletes must check out with officials to run track events & have 10 minutes to check back in. Bar will continue to go up during this period.
- **LONG JUMP:**
 - Sign –in starts @ 3:30, Jumps start @ 3:45. **MUST SIGN IN BY 4:30!**
 - There is one pit and it is an OPEN pit.
 - Measure each jump to nearest quarter inch.
 - Rake each jump.
 - Three (3) attempts / jumps per athlete.
 - One board for all jumpers @ 6 feet.
- **TRIPLE JUMP:**
 - Sign –in starts @ 3:30, Jumps start @ 3:45. **MUST SIGN IN BY 4:30!**
 - There is one pit and it is an OPEN pit.
 - Measure each jump to nearest quarter inch.
 - Rake each jump.
 - Three (3) attempts / jumps per athlete.
 - If finish early, pit can be used for long jump.
- **SHOT PUT:**
 - Sign –in @ 3:30, Start throws @ 3:45. **MUST SIGN IN BY 4:30!**
 - Throw three throws and measure farthest one.
 - 8TH Boys throw 8 lb., all others throw 6 lb.
 - All shots **MUST BE THROWN FROM A RING** with all participants behind the RING at all times.
 - There is **ZERO LEGAL PROTECTION** if these rule are not followed...lawyers will pay other coaches \$250 an hour to testify against you if there is an accident!!
 - **NEVER ALLOW SHOT TO BE THROWN WITHOUT ADULT SUPERVISION.**
- **DISCUS:**
 - Sign –in @ 3:30, Start throws @ 3:45. **MUST SIGN IN BY 4:30!**
 - Discus sector is 34 degrees (Should be marked at the HS's)
 - Throw three throws and measure farthest one.
 - All discus **MUST BE THROWN FROM A CAGE** with all participants behind the cage at all times.
 - There is **ZERO LEGAL PROTECTION** if these rule are not followed...lawyers will pay other coaches \$250 an hour to testify against you if there is an accident!!
 - **NEVER ALLOW SHOT TO BE THROWN WITHOUT ADULT SUPERVISION.**