

WVAL Track & Field Championships 2017

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.

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

WVAL TRACK & FIELD CHAMPIONSHIP ORDER OF EVENTS

TUESDAY MAY 9, 2017		THURSDAY, MAY 11, 2017	
65M HURDLES TRIALS	6G, 7G, 8G, 6B, 7B, 8B	65M HURDLES FINALS	6G, 7G, 8G, 6B, 7B, 8B
100M TRIALS	6G, 7G, 8G, 6B, 7B, 8B	400M RELAY FINALS	6G, 7G, 8G, 6B, 7B, 8B
1600M FINALS	6G, 7G, 8G, 6B, 7B, 8B	800M FINALS	6G, 7G, 8G, 6B, 7B, 8B
400M RELAY TRIALS	6G, 7G, 8G, 6B, 7B, 8B	100M FINALS	6G, 7G, 8G, 6B, 7B, 8B
		1600M RELAY FINALS	6G, 7G, 8G, 6B, 7B, 8B
DISCUS FINALS	7B, 6B, 8G	DISCUS FINALS	8B, 6G, 7G
SHOT PUT FINALS	8B, 6G, 7G	SHOT PUT FINALS	8G, 7B, 6B
HIGH JUMP FINALS PIT	8G, 7B, 6B	HIGH JUMP FINALS PIT	8B, 7G, 6G
LONG JUMP FINALS	7B, 6B, 8G	LONG JUMP FINALS	7G, 6G, 8B
TRIPLE JUMP FINALS	8B, 7G, 6G	TRIPLE JUMP FINALS	7B, 6B, 8G