

WEBER SCHOOL DISTRICT

JUNIOR HIGH TRACK HANDBOOK 2022



**DISTRICT TRACK MEET
MAY 5th & 6th
3:00 P.M.
ROY HIGH SCHOOL**

INSTRUCTIONS TO COACHES:

- Final entries are due on www.runnercard.com on Monday, May 2nd @ 5:00 p.m.
- MANDATORY Coaches Meeting – Monday, May 2nd, at 6:00 p.m. at Roy High School in the commons (just inside the main front doors).
- Boys and Girls coach from each school MUST attend!

BOYS AND GIRLS TRACK AND FIELD MEET 2022

GENERAL INSTRUCTIONS

The Weber District Junior High School Track and Field Meet will be held at ROY HIGH SCHOOL. The following information and interpretations will be of importance to you.

PROCEDURE FOR QUALIFICATIONS:

Each school may enter a maximum of three (3) participants in each lane event, four (4) in all field events, 800 meter run, and 1600 meter run. Each school may enter a team for all relays. Teams will run in two heats, fastest five teams from regular meets in heat 1, remainder in heat 2. **Remember, competitors may compete in a maximum of 4 events, including relays.**

TRIAL HEATS:

There will be four heats in each of the following: hurdles, 100 meter, 200 meter and 400 meter dashes. The seven runners with the fastest times will advance to the finals.

SCORING:

Points will be awarded in the following manner:

1st- 10	2nd - 8	3rd - 6	4th - 4
5th - 3	6th - 2	7th - 1	

AWARDS:

Ribbons will be awarded to the top (7) places in all events and the top (7) places for all relays. A team trophy will be awarded to the winning team. Awards will be awarded throughout the second day of competition.

MARSHALING AND CROWD CONTROL:

All contestants not currently participating or warming up must remain off the track and out of the infield. **All spectators must stay in the bleachers except to view the discus which is located north of the stadium.** Only coaches, contestants and officials will be permitted in the track and field area. NO EXCEPTIONS. Coaches, please inform your athletes and their parents to help us with this problem.

WARM-UP AREA:

Athletes may warm up on the infield only if they are getting ready to compete in the next event. Only those competing and warming up will be allowed on the infield.

GENERAL INFORMATION:

1. After completion of each field event, all shot puts, and discuses must be removed from the event area.
2. The starting heights in the high jump will be as follows: Boys High Jump - 5'0" Girls High Jump - 4'0"
The bar will be raised 2" until only one competitor remains. Continuing Flights will be used (aka "Five Alive")
3. There will be three (3) trials and three (3) finals in the Shot Put, Discus, and Long Jump.
The top eight (8) competitors in the trials will go to the finals.
4. Both boys and girls will throw the 4 kilo shot put.

There will be no weigh-in of shot put or discus. The event judge will use the selected three (3) implements to be thrown. Implements used will be decided at the coaches meeting.
5. For all Lane events (100, 200, 400, Hurdles) – runners must run in assigned lanes for entire race.
6. The 800 and 1600 meters will not have trials. There will be 2 heats in each, places determined by time.
7. Individuals are limited to four (4) events, *including* relays.
8. Awards will be made on an award platform the second day of competition immediately following the finals of each event. First day final events awards will be awarded at the beginning of Day 2.
9. The Host High School will provide the following physical facilities and equipment:
 - Starting Blocks (teams can bring own blocks if they wish)
 - Hurdles
 - High Jump Standards, Bar, and Landing Pits
 - Measuring Tapes
 - Public Address System
 - Awards Platform
 - Starting gun and blanks
10. Athletes must dress at their own schools before coming to the meet. Locker rooms are not available at the host high school!
11. Introduction of Athletes (running events): Athletes will be introduced from their assigned lanes before the start of each race. For the Finals, Runners should stand in front of their blocks for their introduction.
12. Seating for coaches and athletes will be in the stands. **Competitors, upon completion of events, are required to leave the field and return to the stands.** No tarps or tents will be allowed in the south bleachers.
13. Track composition: The track is rubberized asphalt. High Jump and Long Jump approaches are rubberized asphalt. Only ¼" or 1/8" pyramid spikes may be used on rubberized surfaces. The Shot Put and Discus will be thrown off concrete circles. The discus is located on the field directly north of the stadium.
14. Relays: 4 X 100 (400 M. Relay); 4 X 200 (800 M. Relay); 4 X 400 (1600 M. Relay); 1600 M. Medley Relay (200, 200, 400, 800)

15. Ties: If there is a tie between two or more competitors for any place which scores in a track event, the points will be divided equally between the competitors who tie, and ribbons will be awarded to those individuals.
- A. For places determined by heights, the competitor with the lowest number of trials for the height at which the tie occurs shall be awarded the highest place. If the tie remains, then fewest total number of misses for the entire competition breaks the tie.

If a tie remains after applying A. and if it concerns first place:

- B. The competitors who tie shall have one more attempt for the height at which they failed; and if no decision is reached, the bar shall be lowered or raised in 1” increments, with each competitor attempting one trial at each height until the winner is determined.
- C. If it concerns any other place than first, the competitors shall be awarded the same place in the competition.

For places determined by distance:

- D. If a distance resulting from a best performance of competitors is identical, the higher place is awarded to the competitor whose second best performance is better than the second best performance by any competitor tied. If the tie remains, then 3rd best performance breaks the tie, etc.
16. Track and Field rules established by the National Federation Rule Book always apply unless exceptions have been made.

17. Final Scoring Ruling – Correction of Errors:

- A. Coaches are responsible for tracking final decisions in all contests. All coaches are advised to check the places and score at the conclusion of all events.
- B. Clerical and team scoring errors may be corrected up to 48 hours after the conclusion of the meet. *Appeals must be filed within 30 minutes* after the announcement of the event results. Correction of meet results involving an ineligible participant may be made at any time.
- C. Judgment calls are not reversible.

18. Uniform: A competitor must be in the proper track and field uniform consisting of school issued track and field jersey and shorts. Runners in relay races need to be in matching uniforms. No knotting or pinning uniform and no jewelry except watches. A contestant with an illegal uniform shall be disqualified from that event. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

19. Unsportsmanlike Conduct: Behavior by a participant, coach or other school personnel which is unethical or dishonorable includes, but is not limited to, action and/or language which will bring discredit to the individual or his/her school. Disrespectfully addressing an official, using profanity, taunting or criticizing an opponent or an official are some examples of unsportsmanlike conduct.

Penalty: *Disqualification of the competitor from that event and from further participation in the meet. A coach or other school personnel shall be disqualified from further involvement in the meet.*

20. Officials: Event judges should be given a copy of the rules applicable to the event they are judging prior to the event so that they might become familiar with the rules. This will be the responsibility of the school that is responsible for that particular event.

21. It is the coaches' responsibility to control the competitors and keep them in the stands and away from the starting line, finish line, and off the railings along the bleachers. COACHES' Please help with this by informing athletes prior to the meet!
22. Spikes: *1/4 or 1/8 inch pyramid spikes can be used on the high school tracks and rubberized approaches. **ABSOLUTELY NO SPIKES ARE ALLOWED ON THE TURF INFIELD! WATER ONLY ON THE TURF INFIELD AS WELL!***
23. No substitutions or changes will be made after May 2nd at the coaches meeting. Athletes will be scratched, but not substituted for after this date.
24. Roy High School will provide student athletes to help with the hurdles. Coaches are encouraged to help move hurdles as well to speed up the process.
25. Hurdle Heights:
Girls 100 Meter Hurdles - 30 inches
Boys 110 Meter Hurdles - 33 inches
26. Weber School District will provide a certified athletic trainer on-site for both championship days.

MEET INFORMATION:

If you need information regarding any aspect of the meet, please feel free to contact Mike Puzey at mipuzey@wsd.net 801-721-9650 (text preferred) or Mike Hein at mhein@wsd.net 801-404-4073.

*Concessions will be sold both championship meet days under the press box (south side of stadium).

Weber School District
Track and Field Championships
May 5 and 6, 2022
Order of Events

THURSDAY MAY 5TH SCHEDULE

2:30-	Coaches and Officials Meeting	
3:00-	Girls Shot Put	Trials & Finals
	Boys Discus	Trials & Finals
	Girls High Jump	Finals
	Boys Long Jump	Trials & Finals
3:00-	Girls 4 X 200m Relay	Finals
	Boys 4 X 200m Relay	Finals
	Girls 1600m Run (Heat 1–top seeds)	Finals
	Girls 1600m Run (Heat 2)	Finals
	Boys 1600m Run (Heat 1-top seeds)	Finals
	Boys 1600m Run (Heat 2)	Finals
	Girls 100m Hurdles	Trials
	Boys 110m Hurdles	Trials
	Girls 100m Dash	Trials
	Boys 100m Dash	Trials
	Girls 400m Dash	Trials
	Boys 400m Dash	Trials
	Girls 200m Dash	Trials
	Boys 200m Dash	Trials

These events will be run in this order. Events will start as soon as the prior event is completed!

FRIDAY MAY 6th SCHEDULE

- 2:30- Coaches and Officials Meeting
- 3:00- Girls Discus Trials & Finals
Boys Shot Put Trials & Finals
Girls Long Jump Trials & Finals
Boys High Jump Finals
- 3:00- Girls 800m Run (Heat 1-top seeds) Finals
- 3:10- Girls 800m Run (Heat 2) Finals
- 3:20- Boys 800m Run (Heat 1-top seeds) Finals
- 3:30- Boys 800m Run (Heat 2) Finals
- 3:40- Girls 100m Hurdles Finals
- 3:45- Boys 110m Hurdles Finals
- 3:50- Girls 100m Dash Finals
- 3:55- Boys 100m Dash Finals
- 4:00- Girls 4x100m Relay Finals
- 4:10- Boys 4x100m Relay Finals
- 4:20- Girls 400m Dash Finals
- 4:25- Boys 400m Dash Finals
- 4:30- Girls Medley Relay Finals
- 4:40- Boys Medley Relay Finals
- 4:50- Girls 200m Dash Finals
- 4:55- Boys 200m Dash Finals
- 5:05- Girls 4x400m Relay Finals
- 5:15- Boys 4x400m Relay Finals
- 5:30- Presentation of Team Awards

Friday's Portion of the meet will not be run ahead of schedule.

WSD Track Meet Officials

May 5th & 6th 2022

GENERAL OFFICIALS

Games Committee

Clyde Moore
Gina Butters
Mike Puzey

Meet Directors

Mike Puzey
Mike Hein

Referee

Clyde Moore

Marshal

Clyde Moore

Scorers/Timers

Jake Shulz
Teresa Maass

Custodian of Awards

Lori Browne
Heather Hardy

Announcer

Mont Stevenson

TRACK EVENT OFFICIALS

Clerk of Course

Mike Hein

Lane/Exchange Judges (all races)

Roy High Athletes and Brett Craynor, Sherry Patton, Steve Short, Niels Hansen

Starters

Mike Puzey
Gary Adams

Hurdle Crew – both days: RHS Athletes plus:

Ben Prall, Mike Brown

Finish Line Security

Darlene Sangiorgio

Distance Finish

Scott Elliott, Gary Adams

FIELD EVENT OFFICIALS

Chief Field Judges

Matt Patterson
Ben Hunsaker
Steph Heath

Field Judges

Shot Put – Rich Murray plus RHS Athletes
Discus – Teri S./Jeff J. plus RHS Athletes
High Jump - Lenn / Quinn plus RHS Athletes
Long Jump - Wendy / Tyler plus RHS Athletes

Hospitality

Thursday – Roy Jr
Friday – Sand Ridge

Resource Officers (Be to meet by 3:00)

All Schools

Crowd Control:

Scott Elliott
Steve Short
Brett Craynor
Sherry Patton
Neils Hansen

TRACK OFFICIALS

Games Committee:

Oversees the general track meet and responsible for proper conduct during meet
Makes recommendations to Meet Director on possible violations

Meet Director:

Supervises the conduct of the meet and guarantees the competition will run smoothly

Referee:

Will answer questions which are not specifically under the jurisdiction of other officials

Marshal:

Keeps the competition areas free from all persons except officials, contestants and other authorized individuals

Custodian of Awards:

Brings athletes from the finish line to the awards stand to present the awards to the athletes as they are announced

Chief Field Judge:

Jurisdiction over all judges in the field events

Starter

Will have full responsibility for the starting line and during the start
Will decide if a start is fair and legal or a false start

Clerk of Course:

Assures the name and school of each competitor. Assigns each runner to the proper lane and heat. Gives instructions for all races and relays.

Finish Line Timers:

Certifies the order in which the competitors finish and/or times of finish
If automatic timers are not functioning, this group will determine winners

Lane/Exchange Judges:

Assigned to adequately observe the entire turn and straight-aways of a race and/or lane of runners

Hospitality:

Arranges cold drinks for coaches and track officials both meet days

Field Judges:

Oversees the assigned field events and enforces all rules, uniforms, measurement, etc.

Head Timer/Finish Judge

Views the finish of each race as a whole to certify the order in which the competitors finish

Crowd Control

Keep all athletes and spectators away from finish line, off the track, turf in-field, and other field event areas, and off the railings (sitting on or standing by railings) or other non-bleached areas.

Finish Help

Will be the runners for the Meet Director and help in any way needed
Will stay on the infield with the meet officials

**WEBER SCHOOL DISTRICT
GIRLS TRACK RECORDS THROUGH 2021**

EVENT	NAME	SCHOOL	RECORD	YEAR
100m Dash	Kim Vanbeekum	North Ogden	12.52	1997
200m Dash	Kim Vanbeekum	North Ogden	25.58	1996
400m Dash	Hannah Hillstrom	Snowcrest	59.68	2015
800m Run	McKenna Lee	Orion	2:21.89	2015
1600m Run	McKenna Lee	Orion	5:11.57	2015
100m Hurdles	Jessica Snarr	Rocky Mountain	15.38	2012
Shot Put 4K	Chantelle Goldsberry	T.H. Bell	36-03	1994
Discus	Chantelle Goldsberry	T.H. Bell	127-07.25	1994
High Jump	Lindi Stephenson	North Ogden	5-05	1989
Long Jump	Abby O'Neill	North Ogden	17-06	2012
4x100m Relay		Wahlquist	51.34	1992
	Amber Russell, Kristy Kippen, Tenille Howe, Robyn Hill			
800m Med. Relay (100, 100, 200, 400)		Sand Ridge	1:56.87	2007
	Gabby Wetters, Katy Palmer, Shawny Ehlers, Brianna Allen RETIRED Event 2022			
1600m Med. Relay (200, 200, 400, 800)				
4x200m Relay				
4x100m Combo Relay		Wahlquist	49.66	2019
	Kolby Burton, Ally Cook, Megan Wood, Kyler Kotter RETIRED Event 2022			
4x400m Relay		Orion	4:13.37	2015
	Amber Healey, Makena Inkley, Brielle Fernelius, Krista Farley			

1998 - All times adjusted to electronic timing.

**WEBER SCHOOL DISTRICT
BOYS TRACK RECORDS THROUGH 2021**

EVENT	NAME	SCHOOL	RECORD	YEAR
100m Dash	Russ Whetton	Snowcrest	11.33	2000
200m Dash	Richard Davis	Sand Ridge	22.94	1980
400m Dash	Cannon DeVries	Orion	51.49	2019
800m Run	Nathan Boehme	Orion	2:01.24	2014
1600m Run	Steve Shepherd	Snowcrest	4:36.24	2000
100m Hurdles (Retired Event)	Jake Shulz	Sand Ridge	13.94	1988
110m Hurdles	Brent Jenkins	Wahlquist	15.30	2004
Shot Put 4K	Jadon Judkins	Wahlquist	51-11.75	1993
Discus	Matt Hill	Sand Ridge	130-07	1992
High Jump	Cory Swenson	North Ogden	6-05	1980
Long Jump	Jaxon Porter	Snowcrest	21-03.50	2012
4x100m Relay		Sand Ridge	46.15	2014
	Colton Barker, Norberto Ortiz, Cooper Bibbs, Rhett Haney			
1600m Medley Relay		T.H.Bell	3:49.38	2006
	Aaron Tyler, Chase Choi, Kerry Hughes, John Hughes			
4x200m Relay				
4x100m Combo Relay		Wahlquist	49.66	2019
	Kolby Burton, Ally Cook, Megan Wood, Kyler Kotter		RETIRED Event 2022	
4x400m Relay		T.H. Bell	3:42.49	2006
	John Hughes, Justin Stofferahn, Kerry Hughes, Chase Moore			

1998 - All times adjusted to electronic timing.