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**Weber District**

**Track Handbook**

**2016**

**District Track Meet**

**May 9th& 10th**

**3:00 p.m.**

**Weber High School**

Instructions to Coaches:

* Final Entries are due on [www.runnercard.com](http://www.runnercard.com) on Tuesday, May 3rd by 9:00 a.m.
* Coaches Meeting- Tuesday, May 3rd, 6p.m.
* Weber High Library
* Boys and Girls Coach from each school must attend

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**BOYS AND GIRLS TRACK AND FIELD MEET**

Year 2015-2016

**GENERAL INSTRUCTIONS**

The Weber District Junior High School Track and Field Meet will be held at Weber 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 individual event, except 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, of which only 3 may be running events, including relays.**

**TRIAL HEATS:**

There will be four (4) heats in each of the following: hurdles, 100 meter, 200 meter and 400 meter dashes. The seven (7) 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 first seven (7) places in all events and the first three (3) places for all relays. A team trophy will be awarded to the winning team. All awards will be given on the final day of the meet.

**MARSHALING AND CROWD CONTROL:**

All coaches and contestants not currently participating or warming up must remain off the track and out of the infield. Only contestants and officials will be permitted in the track and field area. NO EXCEPTIONS. Coaches, please inform your athletes and help us with this problem.

**WARM-UP AREA:**

Warm-up will be on the WEST end of the track on the practice field.

**GENERAL INFORMATION:**

1. After completion of each field event, all shot puts, and discuses must be removed from the field.
2. The cross bars will be raised as follows:

Boys High Jump - 5'0", 5'2", 5'4", 5'6", 5'8", 5’10” and 1 inch thereafter

Girls High Jump - 4'0", 4'2", 4'4", 4'6", 4'8", 4’10” and 1 inch thereafter

“Five Alive” procedures will be implemented

1. 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.

1. Both boys and girls will throw the 4 kilo shot put.
2. There will be no weigh-in of shot put or discus. The event judge will select three (3) implements to be thrown.
3. The 400 Meter Dash– runners must run in lanes for entire race.
4. The 800 and 1600 meters will not have trials.
5. Individuals are limited to four (4) events, ***including*** relays.
6. Awards will be made on an award platform the second day of competition immediately following the finals of each event.
7. The Host High School will provide the following physical facilities and equipment:

Starting Blocks: teams can bring own blocks

Hurdles

High Jump Standards and Landing Pits

Measuring Tapes

Public Address System

Awards Platform

Cross Bars

Starting gun and blanks

Shot puts (4 kilo)

Discus

1. Schools are requested to dress at their own schools before coming to the meet.
2. Field Marking will be placed for the Discus at the following distances: 80', 90', 100', 120', 140'. Shot Put: 30', 40', 50'. A red flag will mark the district record.
3. Introduction of Athletes (running events): Athletes will be introduced from their assigned lanes before the start of each race. Runners should stand in front of their blocks for their introduction.
4. 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.
5. Track composition: High Jump and Long Jump are on rubberized asphalt. The Shot Put and Discus will be thrown off concrete circles.
6. Relays: 400 Meter Relay - all runners must run in lanes for entire race.
7. 800 meter medley (girls) - 1st, 2nd, and 3rd legs must be run in lanes. Fourth runner may cut to the inside provided they have proper distance to cut in.
8. 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.
9. 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 a tie remains after applying A. and if it concerns first place:

1. 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 to heights which shall be announced before the commencement of competition, with each competitor attempting one trial at each height until the winner is determined.
2. If it concerns any other place than first, the competitors shall be awarded the same place in the competition.

For places determined by distance:

1. 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.

1. Track and Field rules established by the national Federation Rule Book always apply unless exceptions have been made.
2. Final Scoring Ruling:
3. You are responsible for final decisions in all contests. All coaches are advised to check the score at the conclusion of all activities.
4. Clerical and team scoring errors may be corrected up to 48 hours. *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.
5. Uniform: A competitor must be in the proper track and field uniform consisting of school issued track and field jersey and shorts. Runners and relay races need to be in the identical uniforms. No knotting or pinning uniform and no jewelry except watches. A contestant with an illegal uniform shall be disqualified from that event.
6. Judgment calls are not reversible.
7. 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.*

1. 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.
2. It is the coaches’ responsibility to control the competitors and keep them in the stands and away from the finish lines and off the railings along the bleachers.
3. Spikes: 1/4 *or 1/8 inch pyramid spikes are the only ones that can be used on the high school tracks.*
4. No substitutions or changes in the seeding will be made after the coaches meeting the day before the first day of the district track meet. Athletes may be scratched, but not substituted.
5. The host High School will provide students to help with the hurdles.
6. Hurdle Heights:

Girls 100 Meter Hurdles- 30 inches

Boys 110 Meter Hurdles- 33 inches

**MEET INFORMATION:**

If you need information regarding any aspect of the meet, please feel free to contact Billy Grilz or Ryan Ortega.

**Weber School District**

**Track and Field Championships**

**May 9 and 10, 2016**

**Order of Events**

**MONDAY SCHEDULE**

2:30- Coaches and Officials Meeting

3:00- Girls Shot Put Trials and Finals

Boys Discus Trials and Finals

Girls High Jump Finals

Boys Long Jump Trials and Finals

3:00- Girls 100m Hurdles Trials

Boys 110m Hurdles Trials

Girls 100m Dash Trials

Boys 100m Dash Trials

Girls 1600m Run Finals

Girls 400m Dash Trial

Boys 400m Dash Trials

Boys 1600m Run Finals

Girls 200m Dash Trials

Boys 200m Dash Trials

These events will be run in this order and in a timely manner.

**TUESDAY SCHEDULE**

2:30 Coaches and Officials Meeting

3:00- Girls Discus Trials and Finals

Boys Shot Put Trials and Finals Girls Long Jump Trials and Finals Boys High Jump Finals

3:00- Girls 100m Hurdles Finals

3:05- Boys 110m Hurdles Finals

3:10- Girls 800m Run Finals

3:20- Boys 800m Run Finals

3:30- Girls 100m Dash Finals

3:35 Boys 100m Dash Finals

3:40- Girls 4x100m Relay Finals

3:50- Boys 4x100m Relay Finals

4:00- Girls 400m Dash Finals

4:05- Boys 400m Dash Finals

4:10- Girls Medley Relay Finals

4:20- Boys Medley Relay Finals

4:30- Girls 200m Dash Finals

4:35- Boys 200m Dash Finals

4:45- Combo 4x100m Relay Finals

4:55- Girls 4x400m Relay Finals

5:05- Boys 4x400m Relay Finals

5:20- Presentation of Team Awards

Wednesday’s Portion of the meet will not be run ahead of schedule.

**WEBERSCHOOL DISTRICT**

**GIRLS DISTRICT TRACK RECORDS**

**THROUGH 2015**

**EVENT NAME SCHOOL RECORD YEAR**

100 M Dash Kim Vanbeekum North Ogden 12.52 1997

200 M Dash Kim Vanbeekum North Ogden 25.58 1996

400 M Dash Hannah Hillstrom Snowcrest 59.68 2015

800 M Run McKenna Lee Orion 2:21.89 2015

1600 M Run McKenna Lee Orion 5:11.57 2015

100 M Hurdles Jessica Snarr Rocky Mountain 15.38 2012

Shot Put 4K Chantelle Goldsberry T.H. Bell 36' 3" 1994

Discus Chantelle Goldsberry T.H. Bell 127' 7.25" 1994

High Jump Lindi Stephenson North Ogden 5'5" 1989

Long Jump Abby O’Neill North Ogden 17' 06" 2012

400 M Relay Amber Russell Wahlquist 51.34 1992

Kristy Kippen

Tenille Howe

Robyn Hill

800 M Medley Gabby Wetters Sand Ridge 1:56:87 2007

Relay Katy Palmer

Shawny Ehlers

Brianna Allen

400 M Combined Samantha VanOrman T.H. Bell 49.77 2012

Relay Connor Halterman

Reza Talia

Kaden Sheridan

1600 M Relay Amber Healey Orion 4:13.37 2015

Makena Inkley

Brielle Fernelius

Krista Farley

1998 - All times adjusted to electronic timing.

**WEBERSCHOOL DISTRICT**

**BOYS DISTRICT TRACK RECORDS**

**THROUGH 2015**

**EVENT NAME SCHOOL RECORD YEAR**

100 M Dash Russ Whetton Snowcrest 11.33 2000

200 M Dash Richard Davis Sand Ridge 22.94 1980

400 M Dash Jacob Schneiter T.H. Bell 52.53 1999

800 M Run Nate Boehme Orion 2:01.24 2014

1600 M Run Steve Shepherd Snowcrest 4:36.24 2000

100 M Hurdles(Retired) Jake Shulz Sand Ridge 13.94 1988

110 M Hurdles Brent Jenkins Wahlquist 15.30 2004

Shot Put 4K Jadon Judkins Wahlquist 51" 11/3/4" 1993

Discus M. Hill Sand Ridge 130' 7" 1992

High Jump Cory Swenson North Ogden 6' 5" 1980

Long Jump Jaxon Porter Snowcrest 21’03½” 2012

400 M Relay Colten Barker Sandridge 46.15 2013

Norberto Ortiz

Cooper Bibbs

Rhett Haney

Medley Relay Aaron Tyler T.H. Bell 3:49.38 2006

1600 M Chase Choi

Kerry Hughes

John Hughes

400 M Combined Samantha VanOrman T.H. Bell 49.77 2012

Relay Connor Halterman

Reza Talia

Kaden Sheridan

1600 M Relay John Hughes T.H. Bell 3:42.49 2006

Justin Stofferahn

Kerry Hughes

Chase Moore

1998 - All times adjusted to electronic timing.

**WSD Track Meet Officials**

**May 14th& 15th 2013**

**GENERAL OFFICIALS**

**Games Committee** **Meet Director**

Bill Grilz Aimee Sauvageau

Ryan Ortega

Mark Storey **Referee**

Lenn Ward Aimee Sauvageau

Ryan Ortega

**Marshal** **Scorers**

Scott Elliott Brock Mitchell

Nicole Meibos Cody Storey

Jay Anderson

**Custodian of Awards** **Announcer**

Jay Anderson Bryce Ballif

Kyle Hansen

Jean Potokar

**TRACK EVENT OFFICIALS**

**Clerk of Course/Recorder**

Cody Storey

Chris Earnest

**Starter**

Ron Moore – Gun Starter/gun lap

Brett Craynor

**Lane/Exchange Judges (all races)**

**1st Day: FHS Athletes plus**

Curtis VandenBosch

**2nd Day: FHS Athletes plus**

Nick Harris

**FIELD EVENT OFFICIALS**

**Chief Field Judge Field Judges**

Lenn Ward Shot Put Matt Patterson plus Host HS Athletes

Discus Matt Williams plus Host HS Athletes High Jump Michelle Parry plus Host HS Athletes

Long Jump Kirt Swalberg plus Host HS Athletes

**Hospitality**

Sue Sweet **Resource Officers (Meet at 2:30)**

***Monday, May9 Tuesday, May 10***  Sue (Wahlquist) Nicole (Rocky)

**Crowd Control:** Kristi Haws (Head)

***Monday, May 9 Tuesday, May 15***

North(4) Orion (4)

**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/Recorder:**

Assures the name and number of each competitor

Assigns each runner to the proper lane and heat

**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 particular 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**

Control people from walking across track during filming of races and from sitting on or standing by rails

**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