

Coaches,

1. Five athletes can be entered in each running event and four in each field event per school. Please put their event mark or estimated mark for seeding purposes.
2. Distance events have an unlimited number of entries. We will run 2 heats with the top five athletes from each school being placed in the first heat. The second heat will be comprised of all remaining athletes. Only the top five athletes need to be entered into runnercard. Please provide a time for each of your top five athletes for seeding purposes. Each athlete will also need to have a name tag with first/last name and school for each distance event.
3. The starting heights for the High Jump will be: Girls- 4'00" raising the bar 2 inches until 4'10" and one inch thereafter. Boys- 5'00" raising the bar 2 inches until 5'10" and one inch thereafter.
4. Each athlete will be given 4 attempts in each field event (excluding high jump).
5. The meet will be scored based on the T & F rule book with five teams at a meet. It is as follows:

Individual Events:

- 1st place- 8 points
- 2nd place- 6 pts
- 3rd place- 4 pts
- 4th place- 2 pts
- 5th place- 1 pt

Relays:

- 1st place- 8 points
- 2nd place- 6 pts
- 3rd place- 4 pts
- 4th place- 2 pts

6. No athletes will be allowed on the infield unless they are competing or checking in.
7. All results will be posted on www.runnercard.com following the meet. Results will also be posted on the concession stand east of the track following each event.

If you have any questions please contact Ryan Ortega at ryortega@wsd.net

Thanks,

Weber High School Track and Field

Weber District Track and Field Order of Events

3:00	Girls Shot Put	Boys to follow
	Boys Discus	Girls to follow
	Girls High Jump	Boys to follow
	Boys Long Jump	Girls to follow

3:00 Girls 100 M Hurdles
Boys 110 M Hurdles

Girls 1600 M Run
Boys 1600 M Run

Girls 100 M Dash
Boys 100 M Dash

Girls 400 M Dash
Boys 400 M Dash

Girls 4x100 M Relay
Boys 4x100 M Relay

Girls 800 M Run
Boys 800 M Run

Girls Medley Relay
Boys Medley Relay

Girls 200 M Dash
Boys 200 M Dash

4x100 Combo Relay

Girls 4x400 M Relay
Boys 4x400 M Relay

Have your athletes report to the starting line of their event on “first call” for their lane assignments.

The meet will be run as quickly as possible. Please listen to the announcer for calls.

Starting Heights

Girls high Jump 4’00”

Boys High Jump 5’00”

4 throws and jumps, no finals