

GENERAL INSTRUCTIONS

The Weber District Junior High School Track and Field Meet will be held at FREMONT HIGH. 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:

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

GENERAL INFORMATION:

1. After completion of each field event, all shot puts, and discus' 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" and 1 inch thereafter
 - Girls High Jump - 4'0", 4'2", 4'4", 4'6", 4'8" and 1 inch thereafter"Five Alive" procedures will be implemented
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.
 - A. There will be no weigh-in of shot put or discus. The event judge will select three (3) implements to be thrown.
5. The 400 Meter Dash– runners must run in lanes for entire race.
6. The 800 and 1600 meters will not have trials.
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.
9. 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
10. Schools are requested to dress at their own schools before coming to the meet.
11. 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.
12. 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.
13. 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.
14. Track composition: High Jump and Long Jump are on rubberized asphalt. The Shot Put and Discus will be thrown off concrete circles.
15. Relays: 400 Meter Relay - all runners must run in lanes for entire race.

16. 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.
17. 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 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 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.
- 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.
18. Track and Field rules established by the national Federation Rule Book always apply unless exceptions have been made.
 19. Final Scoring Ruling:
 - A. You are responsible for final decisions in all contests. All coaches are advised to check the score at the conclusion of all activities.
 - B. 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.
 20. 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.
 21. Judgment calls are not reversible.
 22. 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.*

23. **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.
24. 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.
25. **Spikes:** *1/4 or 1/8 inch pyramid spikes are the only ones that can be used on the high school tracks.*
26. 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.
27. The host High School will provide students to help with the hurdles.
28. 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 Amy Sauvageau asauvageau@wsd.net at FHS OR Ryan Ortega ryortega@wsd.net

**Weber School District
Track and Field Championships
May 14 and 15, 2013
Order of Events**

TUESDAY 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.

WEDNESDAY 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
4:25- Boys Medley Relay Finals
4:40- Girls 200m Dash Finals
4:45- Boys 200m Dash Finals
4:55- Combo 4x100m Relay Finals
5:05- Girls 4x400m Relay Finals
5:20- Boys 4x400m Relay Finals
5:40- Presentation of Team Awards

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

**WEBERSCHOOL DISTRICT
GIRLS DISTRICT TRACK RECORDS
THROUGH 2012**

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	Mikayla Rees	Sandridge	1:00.38	2012
800 M Run	Robyn Hill	Wahlquist	2:22.84	1993
1600 M Run	Robyn Hill	Wahlquist	5:19.74	1993
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 Kristy Kippen Tenille Howe Robyn Hill	Wahlquist	51.34	1992
800 M Medley Relay	Gabby Wetters Katy Palmer Shawny Ehlers Brianna Allen	Sand Ridge	1:56:87	2007
400 M Combined Relay	Samantha VanOrman Connor Halterman Reza Talia Kaden Sheridan	T.H. Bell	49.77	2012
1600 M Relay	Tonya Nichols Keri Bird Angie Steward Sharidy Surrage	Wahlquist	4:19.54	1994

1998 - All times adjusted to electronic timing.

**WEBERSCHOOL DISTRICT
BOYS DISTRICT TRACK RECORDS
THROUGH 2012**

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	Jon Green	Sand Ridge	2:02.94	1992
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	Chase Choi Chase Moore Tyler Dailey Nathaniel Ford	T.H. Bell	46.27	2006
Medley Relay 1600 M	Aaron Tyler Chase Choi Kerry Hughes John Hughes	T.H. Bell	3:49.38	2006
400 M Combined Relay	Samantha VanOrman Connor Halterman Reza Talia Kaden Sheridan	T.H. Bell	49.77	2012
1600 M Relay	John Hughes Justin Stofferahn Kerry Hughes Chase Moore	T.H. Bell	3:42.49	2006

1998 - All times adjusted to electronic timing.