

Coaches,

1. Six athletes can be entered in each running event and five 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 four athletes from each school being placed in the first heat. The second heat will be comprised of all remaining athletes. Only the top four athletes need to be entered into runnercard. **Your top four athletes 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:

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

Relays:

- 1<sup>st</sup> place- 8 points
- 2<sup>nd</sup> place- 6 pts
- 3<sup>rd</sup> place- 4 pts
- 4<sup>th</sup> 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](http://www.runnercard.com) as the meet progresses. 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](mailto: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