

**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: 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](http://www.runnercard.com) as the meet progresses.**

**If you have any questions please contact Kurt Trane at [kjtrane@yahoo.com](mailto:kjtrane@yahoo.com) or Andie Jung at [anjung@wsd.net](mailto:anjung@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 800 M Run  
Boys 800 M Run

Girls 100 M Hurdles  
Boys 110 M Hurdles

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 1600 M Run  
Boys 1600 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

**The meet will be run as quickly as possible. Please listen to the announcer for calls. Athletes will report to the starting line of their event on “first call” for their lane assignments**

Starting Heights  
Girls high Jump 4'00"  
Boys High Jump 5'00"

4 throws and jumps, no finals