

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 100M Hurdles
Boys 110M 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 the First Call for their lane assignments.**

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

Coaches,

1. Five athletes can be entered in each running event and 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 AND LAST NAME AND SCHOOL FOR THE 800 AND 1600.** The **ANCHOR** in your **4x400 and Medley relays** will also need a tag with school name and Team on it. (i.e., Fremont A 4x400).
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 bases on the T&F rule book with four teams at the meet. It is as follows:

Individual Events

- 1st – 6 pts.
- 2nd – 4 pts.
- 3rd – 3 pts.
- 4th – 2 pts.
- 5th – 1 pt.

Relays

- 1st- 6 pts.
- 2nd – 4 pts.
- 3rd – 2 pts.