

Wasilla Middle Track Meet

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Wasilla High School Track

Tuesday, April 27, 2021

Attending Schools: Wasilla Middle, Houston Middle, SuValley, Birchtree, Grace

Start Times:

- **2:30 pm** Field Events Start
 - Boys' shot and girls' discus will throw first.
 - Girls long jump and boys triple jump will begin first.
 - High jump - There is only 1 pit for high jump. Once girls reach 4'6 they will be intertwined with the boys order to give the ample rest between jumps (**girls start height=3'6" & boys height=4'6"**)

- **3:15 pm** Running Events Begin
 - 110m Hurdles
 - 100m
 - 4x200m relay
 - 1600m
 - 4x100 m relay
 - 400m
 - 800m
 - 200m
 - 4x400m

- **Varsity Athletes** - May participate in **four** events, of which no more than three are running events, including relays.
- **JV Athletes** - May participate in **three** events.
- There will be NO JV/V division. Please sign up your athletes according to the instructions in the Google Sheet.
- There will be NO coaches meeting prior to the starting of the event. Please have all your athletes names, school, and grade in by **Monday at 5 PM**. Use the following link to add your athletes into their events. Adjustments will be made to running heats as needed.
- This is not a ribbon meet, but all results will be posted on the WMS Track and Field webpage.

When entering athletes....

1. **Enter your faster athletes in the earlier heats. Please look at the lane assignments for each school and enter athletes in correctly.**
2. **Take time to enter athlete names first then last and spelling correctly**
3. **Please enter their grade so that after the meet kids can see how they compare to those the same age as them.**
4. **Add slots for your team if needed, but do not delete cells since I will finalize and consolidate the heats on Monday night.**

Be aware that I will finalize the heats and keep your entered positions as much in order as possible, but movements will happen with the final product. I'll have a copy for head coaches from each school when they get to the meet.

Please make sure rosters are entered by **MONDAY @ 5PM** to Google Sheet

https://docs.google.com/spreadsheets/d/1E66Y10ZYgt5DdpgCQzh5YMr4B22fYFjGRGBo_mMT3Mw/edit?usp=sharing

THE GOOGLE SHEETS RESULTS WILL BE POSTED TO THE WMS TRACK AND FIELD PAGE 2-3 DAYS AFTER THE MEET AND IN AN EMAIL SO THAT ALL ATHLETES CAN SEE THEIR RESULTS.

COVID MITIGATION

- Sanitization spray and cloths/paper towels will be available at field events. If teams choose to bring their own shot puts and discus, they will only use their own during events.
- There will be one sanitization station at the main entrance/area. Disposable masks will be available if some break, but teams are expected to come wearing their own. If teams need a mask, please find Mrs. Boyer (WMS AD).
- Athletes need to be wearing their masks appropriately when not actively competing in an event, unless they are taking appropriate steps to be more than 6 feet from any other individual.
- All athletes not actively competing need to be in the bleachers with their team.
- Teams are expected to come fully dressed and ready to compete. There will be no available changing areas at the track.
- Parents and fans need to stay in the designated areas. Unless called, please stay out of the center field.
- Field events will be organized by school groups (except high jump). Please follow the order below for field events. If your school is there before 2:30 pm we can start :

Long Jump	Triple Jump	Shot Put	Discus	High Jump
Grace - GIRLS	Birchtree - BOYS	Grace - BOYS	SuValley - GIRLS	Listen to announcements for all call. Boys and girls will jump together.
WMS - GIRLS	SuValley - BOYS	WMS - BOYS	HMS - GIRLS	
HMS - GIRLS	HMS - BOYS	Birchtree - BOYS	Birchtree - GIRLS	
Birchtree - GIRLS	Grace - BOYS	HMS - BOYS	Grace - GIRLS	
SuValley - GIRLS	WMS - BOYS	SuValley - BOYS	WMS - GIRLS	
Grace - BOYS	SuValley - GIRLS	Grace - GIRLS	Birchtree - BOYS	
WMS - BOYS	HMS - GIRLS	WMS - GIRLS	SuValley - BOYS	
Birchtree - BOYS	Birchtree - GIRLS	HMS - GIRLS	HMS - BOYS	
HMS - BOYS	Grace - GIRLS	Birchtree - GIRLS	Grace - BOYS	
SuValley - BOYS	WMS - GIRLS	SuValley - GIRLS	WMS - BOYS	