

2017 Regional Meet Information

Re: Workers for Regional Track and Field Meet, Monday, May 22, 2017

From: John Hoch, AD, Lancaster High School

Meet Information:

Start Time

- Scratch Meeting 3:30 pm
- Field Event – 4:00 pm
- Running Event – 4:45 pm

Field Events: -All events are as WIAA Regional Meet with trial and finals.

All competitors must check-in to the event prior to the start of the event.

This applies to both flighted and open pit competition.

Long/Triple Jump

- In the long jump/triple jump, jumpers will have an open pit for 1 hour 15 minutes.
- Finals will be done in order from 9th seed to 1st seed.
- **NO** run through will be allowed after competition has started

Shot Put/Discus

- In the shot put/discus throwers will compete in flights for all competitors.
- Finals will be done in order from 9th seed to 1st seed.

High Jump

- Starting heights for high jump - determined by the 8th best jump, subtracting two increments
- High jumper can hold after every attempt if desired. ***Five Alive rule applies.***

Pole Vault

- Starting heights for pole vault - determined by the 8th best jump, subtracting two increments
- Pole Vault can hold after every attempt if desired. ***Five Alive rule applies.***

Qualifying:

Trials

- Trials for running events will be held in the 100m dash, 200m dash, 100m hurdles and 110m hurdles. The first place in each heat plus the next fastest times will be in the finals.
- All other running events are finals with places determined by times.

EXPECTED TIMES FOR REGIONAL MEET

4:00 **Field Events Begin** (We will run ahead of schedule when possible.)

Girls Shot Put followed by Boys Shot Put

Boys Discus followed by Girls Discus

Girls Long Jump followed by Boys Long Jump

Boys Triple Jump followed by Girls Triple Jump

Girls High Jump then Boys High Jump

Pole Vault Boys then Girls to follow

**Approximately 1 hour 45 minutes
to do field events except high jump
and pole vault.**

4:45 Girls 4 x 800 M Relay

5:00 Boys 4 x 800 M Relay

5:15 Girls 100 M Trials

5:20 Boys 100 M Trials

5:25 Girls 100 M High Hurdle Trials (only if more than 8 entries)

5:35 Boys 110 M High Hurdle Trials (only if more than 8 entries)

5:45 Girls 200 M Trials

5:50 Boys 200 M Trials

15 minute break

6:05 **National Anthem**

6:05 Finals

6:05 Girls 100 M High Hurdle Finals

6:10 Boys 110 M High Hurdle Finals

6:15 Girls 100 M Dash

6:20 Boys 100 M Dash

7:30 Girls 300 M Hurdles

7:40 Boys 300 M Hurdles

6:25 Girls 1600 M Run

6:40 Boys 1600 M Run

7:50 Girls 800 M Run

8:00 Boys 800 M Run

6:55 Girls 4x200 M Relay

7:00 Boys 4x200 M Relay

8:10 Girls 200 M Dash

8:15 Boys 200 M Dash

7:05 Girls 400 M Dash

7:10 Boys 400 M Dash

8:20 Girls 3200 M Run

8:35 Boys 3200 M Run

7:15 Girls 4x100 M Relay

7:20 Boys 4X100 M Relay

8:50 Girls 4x400 M Relay

9:00 Boys 4x400 M Relay

9:05 Team Scores Announced – Plaques

9:15 Official results can be picked up in press box

Coaches - We will run ahead of time!