



REGION I AAA CHAMPIONSHIP

Thursday, May 14th, 2009

Dear Track & Field Coaches,

The Preston High Athletic Department looks forward to hosting the WVSSAC Region II AA Championship on Thursday, May 14th, 2009. The teams competing in the Region II AA Championship are as follows:

Brooke, **East Fairmont**, **Fairmont Senior**, **John Marshall**, **Morgantown**, **North Marion**, **Preston**, **University**, **Wheeling Park**

FACILITY

The Dr. John W. Trenton Track & Field Complex is a "Seal-Flex" latex surface initially installed in the fall of 2004. The track is eight lanes with all-weather high jump, long jump, and pole vault runways. All of our equipment is AAE (hurdles, mats, etc.) including a new pole vault mat for the 2009 season. The oversized discus and shot rings are concrete. Bleacher seating is limited. One set of bleachers that accommodates 50 individuals will be reserved for each team. Teams may set up tents "cross country style" on the exterior of the track. The auxiliary gymnasium will be available for warm-ups and stretching. It is suggested that spectators bring lawn chairs or blankets to sit on.

MEET ENTRIES

There will be two ways to send us your entries: www.athletic.net or **Hy-Tek Team Manager Lite**. Personally, we feel www.athletic.net is the easiest method. However, if you are accustomed to sending your entries via **Team Manager Lite**, that is perfectly fine as well. Complete instructions for both methods and the Hy-Tek Event File are included on our website (www.PrestonAthletics.com) under "**Track Meet Entry Information.**"

The deadlines for the Region I AAA Championship are as follows:

1. All entries are to be emailed to prestonrun@gmail.com or submitted on www.athletic.net by 8:00 p.m on Monday, May 11th. We will email all coaches a performance list on Tuesday, May 12th. We will also post this performance list on www.runwv.com and www.tristaterunnur.com.
2. Any additions or scratches can be emailed to prestonrun@gmail.com by 12:00 p.m. on the day of the meet.
3. Additions and scratches can also be made on site prior to the coaches meeting at 3:30 p.m.

FIELD EVENTS

We will start field events at 3:30 p.m. The field event rotation will be as follows:

First Rotation: Boys Discus, Girls Shot Put, Boys Long Jump, Girls High Jump, and Boys Pole Vault
Second Rotation: Girls Discus, Boys Shot Put, Girls Long Jump, Boys, High Jump, and Girls Pole Vault

RUNNING EVENTS

We will start running events at 4:30 p.m. The format will follow what is suggested by the W.V.S.S.A.C. for a two-session meet. Below is the order of events:

First Session: 100 / 110 Hurdles Trials, 100 Trials, 3200 Girls, 200 Trials, 3200 Boys, 400

Second Session: 4 x 800, 100 / 110 Hurdle Finals, 100 Finals, 4 x 200, 1600, 300 Hurdles, 4 x 100, 800, 200, Shuttles, 4 x 400

ADVANCEMENT TO FINALS – 100, 200, 110 / 100 HURDLES

The qualifying procedures for athletes in the 100 meter dash, 200 meter dash, and 110 / 100 meter high hurdles are as follows:

1. A total of eight athletes will move on to the finals.
2. Heat winners (4 heats maximum) will advance to the finals.
3. After the heat winners are established, the next fastest times will move on to finals.

ADVANCEMENT TO FINALS – FIELD EVENTS

The top seven athletes in the shot put, discus, and long jump will advance to the finals. Athletes will be given three additional jumps / throws.

OPENING HEIGHTS – HIGH JUMP AND POLE VAULT

The starting height will be two inches lower than the tenth best qualifier's mark in the high jump and six inches lower in the pole vault. The opening heights will be announced along with the performance list the day before the meet.

ADVANCEMENT TO THE WEST VIRGINIA STATE CHAMPIONSHIP

In the running events, the top three individuals and relay teams from each region will qualify for the WV State Championship. The next four fastest times state-wide will also qualify for the State Championship.

In the field events, the top four individuals plus any additional athletes that meet or better the qualifying standard will qualify for the State Championship. If there is a tie for 4th place that does not meet the qualifying standard, that tie will be worked off utilizing the tie-breaking procedure that is normally used for 1st place. Below are the field events standards for advancement to the WV State Championship:

Long Jump – 15' / 20' Pole Vault – 8' 6" / 11' 6" High Jump – 5" / 6' 2" Shot Put – 32' / 46" Discus – 95' / 132'

JURY OF APPEALS

In order to get equal representation on the Jury Appeals, we are asking for one representative from each of the nine schools participating in the Regional Championship. Representatives must be a coach or athletic director and be present at the Regional Championship. Please submit a name for the jury of appeals to prestonrun@gmail.com.

RECOGNITION OF ATHLETES

We will have a stage set up on the infield of the track to recognize winning athletes in each event. We plan on recognizing athletes immediately after the competition of each event. We will also announce all scoring athletes (places 6 through 1) and team scores throughout the meet. A visual method utilizing school flags will also keep spectators informed to the team scores.

ADMISSION

As established by the WVSSAC, the cost of admission is \$6.00 for adults and \$5.00 for students. Only WVSSAC passes may be utilized and those individuals must sign in and may be asked for identification.

CONCESSIONS

Hot and cold concessions will be available by the Preston High Track Parents. T-shirts will also be on sale for \$10.00. A pre-order form will be distributed in the next few days.

COACHES MEAL

A coaches / officials meal will be provided immediately after the last heat of the boys 400 meter run. We will be serving pizza, salad, dessert, and drinks. The break in between sessions will be exactly 30 minutes.

TIMING / SCORING

We will be utilizing Finish Lynx for timing and Hy-Tek for scoring the meet. A results board will be available on the exterior of the track near the bull pen. We hope to have wireless internet access with live scoring available.

FACILITY RULES

Please remind your athletes not to jump the fence that surrounds the track or sit on the wall at the entrance of the facility. Doing so will result in a disqualification. In addition, tape is not to be used to mark relays or field events. Tennis balls will be provided for markings in relay races. Batons will be furnished for the relays. The maximum spike length is ¼". Only those athletes checking in for an event are permitted in the bullpen. Hip numbers will be used in the distance events. Please remind athletes to place their number on their left hip.

We hope you and your team enjoy participating at our facility. We strive to host events that are competitive, exciting, and efficient. Good luck to everyone at the 2009 Region I AAA Championship.

Sincerely,

PRESTON HIGH ATHLETIC DEPARTMENT