

# AAA Region IV

## Track & Field

### Championship

**When:** May 11th (Wednesday)

**Where:** "Chris Parsons Track" at Cabell Midland High School

**Time:** 4:00pm Coaches & Team Captains meeting in Hospitality Room  
(A coach and team captain must attend this meeting)

4:30pm

#### **Field Events**

Girls (High Jump, & Shot) Boys follow

Boys (Pole Vault, Long Jump & Discus) Girls follow

5:00pm

#### **Running events (2 session meet)**

**The format will follow what is suggested by the W.V.S.S.A.C. for a two-session meet**

**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

**Scratches:** Scratches/Add are due no later than 4:00pm on meet day. You can email early scratches/adds by midnight on Tuesday (May 10th) to [mlucas1215@gmail.com](mailto:mlucas1215@gmail.com).

**Cost:** No entry fee

**Entry:** All schools must enter in Hytek Team Manager. Team Manager Lite can be downloaded from [www.midlandrunning.com](http://www.midlandrunning.com) The Region IV Hytek file can be found on [www.midlandrunning.com](http://www.midlandrunning.com) or [www.runwv.com](http://www.runwv.com). Also, for coaches unsure of how to enter using the Hytek system, a tutorial can be found on [www.midlandrunning.com](http://www.midlandrunning.com) that will make it simple. You may enter 3 athletes in each event and 1 relay team.

**Entry deadline is May 9<sup>th</sup> (Monday) by 9pm.** Email your Hytek file to [mlucas1215@gmail.com](mailto:mlucas1215@gmail.com)

**Fax a copy of your eligibility sheet no later than NOON on Friday, May 6th to Chris Parsons (304) 743-7577**

**A team can enter up to 3 athletes per event and 1 relay team**

***Coaches are reminded that all seed times must come from actual FAT performances during the 2011 season and must be verifiable. Anticipated times will not be accepted.***

#### **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. 1 Heat - Straight to finals
2. 2 Heats - Top two + next four fastest times
3. 3 Heats - Top two + next two fastest times
4. 4 or more Heats - Winner + next fastest times to fill out the field

#### **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.

