



# BIG 10 TRACK & FIELD CHAMPIONSHIP

## Friday, May 9<sup>th</sup>, 2014

Dear Track & Field Coaches,

The Preston High Athletic Department looks forward to hosting the Big 10 Conference Championship on Friday, May 9th, 2014. The teams competing in the Big 10 Conference Championship are as follows: Bridgeport, Buckhannon-Upshur, East Fairmont, Elkins, Fairmont Senior, Grafton, Lewis County, Liberty, Lincoln, North Marion, Philip Barbour, Preston, and Robert C. Byrd

### **FACILITY**

The Dr. John W. Trenton Track & Field Complex is a latex 8-lane track. There are long jump and pole vault runways on the inside and outside of the track. We have recently constructed a new discus area behind the bleachers. The oversized discus and shot rings are concrete. Our high jump apron is in the process of being resurfaced (four of the seven latex layers are currently applied). All of our equipment is AAE brand (90 degree hurdles, PV and HJ mats, etc.). Bleacher seating is extremely limited and will be reserved for spectators. Teams may set up tents "cross country style" behind the bleachers. The auxiliary gymnasium will be available for warm-ups and stretching.

### **MEET ENTRIES**

There will be two ways to send us your entries: [www.athletic.net](http://www.athletic.net) or Hy-Tek Team Manager Lite. Personally, we feel [www.athletic.net](http://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. An event file will be emailed and available on [www.runwv.com](http://www.runwv.com).

The deadlines for the Big 10 Conference Track & Field Championship are as follows:

1. All entries are to be emailed to [prestonrun@gmail.com](mailto:prestonrun@gmail.com) or submitted on [www.athletic.net](http://www.athletic.net) by 3:00 p.m on Tuesday, May 6th. We will email a performance list on Wednesday, May 7th. We will also post this performance list on [www.runwv.com](http://www.runwv.com) and [www.tristaterunnur.com](http://www.tristaterunnur.com).
2. Any additions or scratches can be emailed to [prestonrun@gmail.com](mailto:prestonrun@gmail.com) by 10:00 a.m. on the day of the meet.
3. Additions and scratches can also be made on site from 10:00 a.m. to 10:45 a.m. There will be a mandatory coaches meeting at 10:45 a.m.

### **FIELD EVENTS**

We will start field events at 11:00 a.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

All implements will be checked by the meet officials by 10:45 a.m. to ensure their legality. Implements will be checked by the meet referee or his designee in the black tent beside the shot put ring. Pole vault poles will be checked by the event judge in the silver and black tent at the end of the pole vault runway.

### **RUNNING EVENTS**

We will start running events at 12:00 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

### **ASSISTANCE**

The majority of our meet workers are school employees. Due to the early start time of the meet, they will not be available and we will need assistance from at least one coach on your staff with the field events. A list of responsibilities will be supplied at a later date.

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

### **ADVANCEMENT TO FINALS – FIELD EVENTS**

The top eight 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 opening heights for the Big 10 Championship will be those established by the State Games Committee for the AA division. Below are the opening heights:

High Jump – 4'4" for girls and 5'6" for boys

Pole Vault – 7'0" for girls and 9'0" for boys

The meet referee can adjust the opening heights based on weather or entries.

### **RECOGNITION OF ATHLETES / TEAMS**

We plan on recognizing athletes immediately after the completion 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 Big 10 Conference, the cost of admission for all spectators (adults and students) is \$5.00. Only WVSSAC passes may be utilized and those individuals must sign in and may be asked for identification.

### **CONCESSIONS / T-SHIRTS**

Hot and cold concessions will be available by the Preston High Track Parents. T-shirts in a variety of colors will also be on sale for \$12.00. A pre-order form will be emailed in the coming days. All pre-orders must be submitted by Friday, May 2<sup>nd</sup> at 3:30 p.m.

### **COACHES / OFFICIALS MEAL**

A coaches / officials meal will be provided immediately after the last heat of the boys 400 meter run. We will be serving a luncheon with drinks provided. 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 will also 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 so 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 2014 Big 10 Conference Championship.

Sincerely,

**PRESTON HIGH ATHLETIC DEPARTMENT**