

REGIONAL TRACK INFORMATION

From: Shawn Wheeler, Regional Director
RE: AAA Region III Track Meet
ATTN: Capital, George Washington, Greenbrier East, Oak Hill, Princeton, Ripley, Riverside, Shady Spring, South Charleston, Woodrow Wilson

The Region III Class AAA Track Meet will be held at Laidley Field Thursday, May 14, 2015. The meet will begin with a coaches meeting at 3:00 PM. Scratches must be submitted by this time. You may only Scratch and Substitute. NO ADDS.

This year a \$100 entry fee will be required for each school and must be mailed to Laidley Field no later than Friday May 8th, 2015. The entry fee will help cover the cost for officials, dinner for coaches & officials, individual awards, meet director fee, facility fee, etc. All entry fees will be added to the gate receipts and the profit/loss will be dispersed/billed after the meet. We have had schools in the past be delinquent on payment to Laidley Field. If you have a balance due and do not pay by Friday May 29, 2015, it will be turned into the WVSSAC as a delinquency and could affect your C&I Cards for the 2015-16 school year.

Field Events will begin at 4:00PM. First Session: Boys Discus, Girls Shot Put, Boys Long Jump, Girls High Jump, and Boys Pole Vault.

Running Events will begin at 4:00PM with the order of events for a two-session meet as listed in the February Issue of the Interscholastic.

To submit entries you must use Hy Tek Team Manager program. Directions to download and use this program are on www.runwv.com listed at the top of the news and notes section. The event file is located on http://www.wvssac.org/new_site/WVSSAC_WebSite/HTML/sportsandschedules/sportsschedulestrack.htm and will be available by May 5, 2015.

Send all information to Marshall Cavender, mecavender@frontier.com by no later than 2:00PM on Sunday May 10, 2015.

Remember if you have added an athlete to your eligibility sheet with the WVSSAC since the beginning of the season, your roster also needs to be updated. Rosters will be pulled from the WVSSAC Site on Wednesday May 6, 2015.

If a question arises during the scratch meeting regarding an entry time for an athlete or relay, please have appropriate documentation to prove your entry time. If you do not have documentation, the meet director has the option to change the time based on the evidence presented to him on meet day.

If you know that you have changes you would like to make after you send the entries please email them to mecavender@frontier.com by NOON on meet day. You will still be able to make changes on meet day but it will save our computer operators a lot of

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work and time if we get some of the changes early. Remember you may only Scratch and Substitute. **NO ADDS!!**

We will open the gate at 3:00PM for spectators.

Admission – Adults - \$6 – Students - \$5 as established by the WVSSAC. Only WVSSAC passes may be utilized and those individuals must sign in and may be asked for identification.

There will be a concession stand available throughout the meet. It will open at 3:00PM.

On the track a maximum of two marks may be used, Tennis ball halves will be provided by meet management or Athletic tape which is not provided by meet management. No chalk. All tennis balls must be placed on the inside edge of the lane or the outside lane line.

If you have any questions please feel free to contact me at 304-610-7046 or gwcoachwheeler@gmail.com . If I am unavailable please leave a message and tell me the best time to contact you and a number and I will get back to you ASAP.

Sincerely,

Shawn Wheeler, Athletic Director
George Washington High School

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FIRST SESSION

FIELD EVENTS

BOYS DISCUS

GIRLS SHOT PUT

BOYS LONG JUMP

GIRLS HIGH JUMP (STARTING HEIGHT DETERMINED BY WVSSAC)

BOYS POLE VAULT (STARTING HEIGHT DETERMINED BY WVSSAC)

RUNNING EVENTS

- | | | |
|-----|-------------|------------|
| (1) | 100M HH 33" | (G) TRIALS |
| | 110M HH 39" | (B) TRIALS |
| (2) | 100M DASH | (G) TRIALS |
| | 100M DASH | (B) TRIALS |
| (3) | 3200M RUN | (G) FINALS |
| (4) | 200M DASH | (G) TRIALS |
| | 200M DASH | (B) TRIALS |
| (5) | 3200M RUN | (B) FINALS |
| (6) | 400M DASH | (G) FINALS |
| | 400M DASH | (B) FINALS |

SECOND SESSION

FIELD EVENTS

GIRLS DISCUS

BOYS SHOT PUT

GIRLS LONG JUMP

BOYS HIGH JUMP (STARTING HEIGHT SET BY WVSSAC)

GIRLS POLE VAULT (STARTING HEIGHT SET BY WVSSAC)

RUNNING EVENTS (ALL FINALS)

- | | |
|----------------------|------------------------|
| (1) 4X800M RELAY (G) | (7) 4X100M RELAY (G) |
| 4X800M RELAY (B) | 4X100M RELAY (B) |
| (2) 100M HH 33" (G) | (8) 800M RUN (G) |
| 110M HH 39" (B) | 800M RUN (B) |
| (3) 100M DASH (G) | (9) 200M DASH (G) |
| 100M DASH (B) | 200M DASH (B) |
| (4) 4X200M RELAY (G) | (10) SHUTTLE RELAY (G) |
| 4X200M RELAY (B) | SHUTTLE RELAY (B) |
| (5) 1600M RUN (G) | (11) 4X400M RELAY (G) |
| 1600M RUN (B) | 4X400M RELAY (B) |
| (6) 300M LH 30" (G) | |
| 300M IH 36" (B) | |