

# Region IV AAA

## Track & Field Championship

**Teams:** Cabell Midland, Huntington, Hurricane, Lincoln Co, Logan, Nitro, Pt Pleasant, Spring Valley, St Albans, Winfield

**When:** May 14th (Thursday)

**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

5:30pm **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 Finals, 200 Trials, 3200 Boys Finals, 400 Finals

**Second Session:** 4 x 800, 100 / 110 HH, 100, 4 x 200, 1600, 300 IH, 4 x 100, 800, 200, Shuttles, 4 x 400.

**(Note; all events in 2<sup>nd</sup> session are finals)**

**Scratches:** Scratches/Adds are due no later than 4:00pm on meet day. You can email early scratches/adds by midnight on Wednesday (May 13th) to [rstclair304@gmail.com](mailto:rstclair304@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 12<sup>th</sup> (Tuesday) by 9pm.** Email your Hytek file to [rstclair304@gmail.com](mailto:rstclair304@gmail.com)

**Fax a copy of your eligibility sheet no later than NOON on Friday, May 8th 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 2015 season and must be verifiable. Anticipated times will not be accepted and will be changed to put athletes in proper heats.***

### **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 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 starting heights in the high jump will be 4' 10" for girls and 5' 8" for boys. In the pole vault, opening heights will be 8' 0" and 10' 0".

### **ADVANCEMENT TO THE WEST VIRGINIA STATE CHAMPIONSHIP**

In the running events, long jump, shot put, and discus, the top three individuals and relay teams from each region will qualify for the WV State Championship. The next four fastest times / furthest jumps / furthest throws state-wide will also qualify for the State Championship.

In the high jump and the pole vault, 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. The field events standards for advancement to the WV State Championship are as follows:

Pole Vault – 9' 0" / 12' 0" High Jump – 5' 0" / 6' 0"

**Awards:** Individual 1-6  
Teams 1<sup>st</sup> place team plaque

**Admission:** Prices set by the WVSSAC: Adults \$6.00  
Students \$5.00

**Dinner will be provided to all coaches**

**ALL WVSSAC RULES WILL BE IN EFFECT**

**Any questions, contact Coach Chris Parsons at [coachparsons@yahoo.com](mailto:coachparsons@yahoo.com)**