

Region IV AAA

Track & Field Championships

Teams: Cabell Midland, Hurricane, Huntington, Parkersburg, Parkersburg South, Ripley, Spring Valley

When: Friday, May 12th

Where: Hurricane High School

Time: **4:00pm** Coaches & Captains Meeting

4:30pm Field Events
Boys Discus, Long Jump & Pole Vault (Girls follow)
Girls Shot Put & High Jump (Boys follow)

5:30 Running Events (Two-Session Meet)

<u>First Session:</u>	100/100 Hurdle Trials	<u>Second Session:</u>	4 x 800m Relay
	100m Dash Trials		100/110 Hurdle Finals
	3200m Run Girls		100m Dash Finals
	200m Dash Trials		4 x 200m Relay
	3200m Run Boys		1600m Run
	400m Dash Finals		300m IH
			4 x 100m Relay
			800m Run
			200m Dash Finals
			Shuttle Hurdle Relay
			4 x 400m Relay

Entries: All schools must enter using Hytek Team Manager. The Region IV Hytek file can be found on www.wvssac.org or www.runwv.com. You may enter 3 athletes per event and 1 relay team.

Entry deadline is Wednesday, May 10th by 9:00pm. Email your entries to rstclair304@gmail.com

Coaches are reminded that all seed times must come from actual FAT performances during the 2017 season and must be verifiable. Anticipated times will not be accepted and will be changed to put athletes in proper heats.

Scratches: Scratches/Adds are due no later than 4:00pm on meet day. You can email early scratches/adds to rstclair304@gmail.com.

Cost: No entry fee

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

The qualifying procedurs for athletes in the 100m Dash, 200m Dash and 100/100m High Hurdles are as follows:

- 1 Heat – Straight to finals
- 2 Heats – Top 2 + next 4 fastest times
- 3 Heats – Top 2 + next 2 fastest times

ADVANCEMENT TO FINALS – FIELD EVENTS

The top 8 athletes in the shot put, discus and long jump will advance to the finals. Athletes will be given 3 additional jumps/throws.

OPENING HEIGHTS – HIGH JUMP & POLE VAULT

The starting heights in the high jump will be 4'10" for girls and 5'6" for boys. In the pole vault, opening heights will be 7'0" and 9'0".

ADVANCEMENT TO THE WEST VIRGINIA STATE MEET

In the running events, long jump, shot put and discus the top 3 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 pole vault the top 4 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 the advancement to the WV State Championship are as follows: Pole Vault – 9'0" / 12'0"; High Jump – 5'0" / 6'0"

Awards: Individual 1st-6th
Teams 1st place team plaques

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 Eric Cooper at escooper3@gmail.com