

# Ritchie County High School Track

Rick Haught Meet Director

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Subject: Little Kawawha Conference Track Meet  
Friday, May 28, 2021

**2 Session Meet:** *Teams attending:* Braxton, Calhoun, Clay, Doddridge, Gilmer, Park. Catholic, Ravenswood, Ritchie, South Harrison, Roane, St. Marys, Tyler Consolidated, Wahama, Webster, Williamstown, Wirt

**Entries:** Each team may enter 3 individuals per event and 1 relay team.

The Hy-Tek. meet event file can be obtained from Run WV. The **entry deadline will be Wednesday, May 26<sup>th</sup>**. Send entries to: *Rick Haught at [Rhaught@k12.wv.us](mailto:Rhaught@k12.wv.us)*

**Awards:** Team standing plaques for the 1<sup>st</sup> and 2nd place teams. First place team plaques will receive their award at the LKC Banquet. Medals will be awarded to 1st, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers in each event with ribbons given to places 4, 5, and 6. The top 14 scorers will receive all-conference honors at the banquet.

Girls / Boys high point plaque

**Scratches:** e-mail by 11:00 AM on the day of the meet to Coach Haught. You are encouraged to text (304-679-9899) after 12:00. Final scratches must be made by 3:30 in the building at the finish line.

**Starting Times:**

Coaches Meeting:	3:30
Field Events:	4:00
Running Events:	5:00

## ***Rules and Regulations***

- The maximum spike length allowed is 3/16" (Will be checked). Spikes are not permitted in the bleachers.
- Tape is not permitted on the track. Markers may be used for jumping events and relays.
- Common shot, use your own discus and batons. Standard blocks will be provided.
- The pole vault weight verification form is to be turned in to the pole vault judge before warming up for the event.
- Team tents may be set up in the bleachers opposite the finishing line. Teams without a tent may remain on the press box side, but are asked to **not** sit at the finish line end of the bleachers.

## ***Extras***

- There will be a hospitality room provided for all coaches in the commons area of the school.