



"HOME of the FLYING EAGLES"

# Woodrow Wilson High School

400 Stanaford Road, Beckley, WV 25801

Phone: 304-256-4646

Fax: 304-256-4642

Principal:

Ryan Stafford

Assistant Principals:

Tina Calfee

Rachel Sexton

JT Payne

## Region III – Class A Championship Track & Field Friday May 16, 2025

**Team List:** Charleston Catholic, Greater Beckley Christian, Greenbrier West, Meadow Bridge, Midland Trail, Montcalm, Mount View, Pocahontas County, Richwood, River View, Summers County, Webster County, Wyoming East

**Entries:** All entries will be done through **Athletic.net**. Entry deadline is **1:00pm on Friday, May 16, 2025**. At this time, the entries will be downloaded. If you have changes before then, please do so on Athletic.net. If you have any scratches/substitutions after the entry deadline, please email them to [shegele@k12.wv.us](mailto:shegele@k12.wv.us). Please be sure to include all of your Relay alternates in athletic.net, and confirm that all your registered athletes are on your WVSSAC eligibility roster.

**Times:** **1:00 pm:** Entry Deadline.

**3:30 pm:** Coaches' Meeting at the common finish line (Deadline for All scratches and substitutions)

**4:00 pm:** Field events begin (GIRLS: High Jump & Discus; BOYS: Shot Put, Long Jump, Pole Vault)

**5:00 pm:** Running events begin. WVSSAC format for a TWO-SESSION Meet on a Time Scheduled. There will be a 30-minute break between the 1<sup>st</sup> and 2<sup>nd</sup> sessions.

**Admission:** Adults - \$7 & Students - \$5 Credit cards and all forms of Digital Payment will be accepted at the gate.

**Awards:** Medals to all event winners, including relays. Team plaque to the Regional Champion.

**Entry Fee:** There is no entry fee for a regional meet. WVSSAC supplies the TEAM championship plaques. Woodrow Wilson HS has purchased MEDALS for the winners in each event, including the relays.

**We are asking that each school please send \$70 (\$35 for boys & \$35 for girls) to cover the cost of these awards. Please bring your check to the Coaches Meeting.**

### Other notes:

- Coaches will be given a packet at the timing tent when they arrive. This packet will include meet information, including a performance list.
- Shot puts and discuses must be weighed and verified at the timing tent before the event.
- Spikes can only be ¼ inch pyramid or shorter. Runners in spikes must stay off of the marked area of the football field.
- Team tents must be placed in the **VISITOR** side bleachers only. Competitor must enter the track through gate on the Visitor side of the Track.
- In the sprints and hurdles, 8 Athletes will qualify for the finals. The winner of each heat, and the next best times.
- In the throws and long jump, the top 9, plus any ties for 9th, will qualify for the finals.
- Awards will be available near the timing tent, after the final results for each event is announced.
- We will have a meal for the coaches and workers under the home bleachers during the Break.

**Questions:** General Meet Info: George Barbera (Head Coach WWHS Girls): 304-228-1303

School Issues: Andrew Pinnick (WWHS Athletic Director): 304-617-6527.

Entries: Betsy Hegele (Computer Operator): [shegele@k12.wv.us](mailto:shegele@k12.wv.us)

## REGIONAL TRACK SCHEDULE OF EVENTS

### FIRST SESSION

#### FIELD EVENTS

4:00PM BOYS DISCUS  
GIRLS SHOT PUT  
BOYS LONG JUMP  
GIRLS HIGH JUMP  
BOYS POLE VAULT

#### RUNNING EVENTS 5:00pm

5:00PM	100M HH 33"	(Girls) TRIALS
	110M HH 39"	(Boys) TRIALS
5:20PM	100M DASH	(Girls) TRIALS
	100M DASH	(Boys) TRIALS
5:40PM	3200M RUN	(Girls) FINALS
5:55PM	200M DASH	(Girls) TRIALS
	200M DASH	(Boys) TRIALS
6:15PM	3200M RUN	(Boys) FINALS
6:30PM	400M DASH	(Girls) FINALS
	400M DASH	(Boys) FINALS

### SECOND SESSION

#### FIELD EVENTS (FOLLOWING THE COMPLETION OF FIRST SESSION FIELD EVENTS)

GIRLS DISCUS  
BOYS SHOT PUT  
GIRLS LONG JUMP  
BOYS HIGH JUMP  
GIRLS POLE VAULT

#### RUNNING EVENTS (ALL FINALS)

7:15PM	4X800M RELAY (G)	9:00PM	4X100M RELAY (G)
	4X800M RELAY (B)		4X100M RELAY (B)
7:45PM	100M HH 33" (G)	9:10PM	800M RUN (G)
	110M HH 39" (B)		800M RUN (B)
7:55PM	100M DASH (G)	9:25PM	200M DASH (G)
	100M DASH (B)		200M DASH (B)
8:10PM	4X200M RELAY (G)	9:35PM	SHUTTLE RELAY (G) 4X200M RELAY
	(B)		SHUTTLE RELAY (B)
8:20PM	1600M RUN (G)	9:55PM	4X400M RELAY (G) 1600M RUN
	(B)		4X400M RELAY (B)
8:40PM	300M LH 30" (G)		
	300M IH 36" (B)		