

## Western Conference American Division Championship

Date: Wednesday, March 27th, 2019

Place: Gaither High School

Times

Coaches Meeting- 12:15 p.m.

Field events start-1:00 p.m.

Running Prelims will start at 3:15 p.m.

Cowheat Mile Girls, Cowheat Mile Boys immediately following completion of Prelims.

Running Finals 5:30 or 30 minutes after completion of Prelims

Entry Limit: 4 athletes per event

Scoring: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1

Timing: Elite Timing Finish Lynx fully automatic timing will be used for all races.

Track Conditions: Synthetic rubber surface on track (42" lanes), runways and jumping surfaces - 1/4 inch or smaller pyramid spikes ONLY. Spikes will be checked by the clerk of the course. Track marking must be done with half tennis balls, which will not be provided (no tape or chalk).

Cement throwing circles.

Starting Blocks: Starting blocks will be provided.

Field Event officials

PV-Gaither

LJ-Alonso

TJ-Sickles

SP-Jefferson

Discus-Leto

HJ-Steinbrenner

Exchange zones

Zone 1-Robert Pizzio-Leto

Zone 2-Alton Walker-Robinson

Zone 3-Duane Thomas-Blake

Jury of Appeals

Roger Mills-Alonso

Ladd Baldwin-Steinbrenner

Jessica Colston-Sickles

Mike Boza-Plant

Points of Interest: All field events will be closed after the event is over. No practicing in these event areas will be permitted. Athletes are expected to stay in the bleachers / team camp unless they are competing in an event.

No one will be allowed on the infield during running events. No electronic devices are allowed on infield by athletes warming up prior to their events.

Admission Price: \$5.00

Concession stand will be open.

1:00 - Field events begin

Long Jump -Each contestant will get 4 attempts.

Triple Jump -Each contestant will get 4 attempts.

Discus - Girls followed by Boys. Each contestant will get 4 attempts.

Shot Put - Boys followed by Girls. Each contestant will get 4 attempts

Pole Vault - Girls followed by Boys. (Starting height will be based on entries received).

High Jump - Girls followed by Boys. The 5 alive procedure will be used (Starting height will be based on entries received).

1:00 - Running Events Begin

4 x 800 M Relay G

4 x 800 M Relay B

3:15 - Prelims (Heat winner auto advances + next fastest times)

100m /110m Hurdles

100m Dash

400m Dash

4x100m Relay(if all schools field a relay team)

300m Hurdles

200m Dash

Immediately following completion of Prelims,

Cowheat Mile Girls, Cowheat Mile Boys

5:30 - Finals

100 M HH

110 M HH

100 M Dash G

100 M Dash B

1600 M Run G (2 sections if needed, 16 max per section) ,

1600 M Run B (2 sections if needed, 16 max per section)

4x100 M Relay G

4x100 M Relay B

400 M Dash G

400 M Dash B

300 M Hurdles G

300 M Hurdles B

800 M Run G (2 sections if needed, 16 max per section)

800 M Run B (2 sections if needed, 16 max per section)

200 M Dash G

200 M Dash B

3200 M Run G

3200 M Run B

4x400 M Relay G

4x400 M Relay B