

3x100 HURDLES

based on time

3x110 HURDLES

based on time

CO-ED DISTANCE MEDLEY

1200, 400, 800, 1600 (GIRL, BOY, GIRL, BOY)

4x100 RELAY

3x300 SHUTTLE HURDLES

MID-DISTANCE MEDLEY

800, 400, 400, 1200

CO-ED SPRINT MEDLEY

200, 200, 400, 400 (GIRL, BOY, BOY, GIRL)

4x800 RELAY

4x400 RELAY

HIGH JUMP

LONG JUMP

TRIPLE JUMP

POLE VAULT

SHOTPUT

DISCUS

JAVELIN

** New Javelin Runway for 2024!

ORDER OF EVENTS:



WALLENPAUPACK AREA HIGH SCHOOL

APRIL 13, 2024

9:00 AM- 3:00 PM

COACHES INFORMATION:

SCORING & PROCEDURES

SCAN ME FOR LIVE RESULTS!



- ✓ FAT timing system will be utilized during relays.
- ✓ Field events will consist of 2 athletes per team and their best performances will be combined.
- ✓ Track events will be seeded in lanes and heats; slowest to fastest based on time.
- ✓ A & B teams will be allowed to enter and qualify for medals but only A teams will count in the team scoring.
- ✓ Team scoring will be 10-8-6-4-3-2-1.
- ✓ Open pit areas will be conducted with a 2 hour limit per event in the jumping and pole vault areas. A maximum of 6 jumps will be permitted in the high jump and pole vault.
- ✓ Throwing events will be flighted according to seed. Lower seeds throw first.
- ✓ 1/8" spikes are permitted in all areas of the track.
- ✓ The gym will be available to all competitors.
- ✓ Certified licensed trainers will be available throughout the competition.

- ✓ There is no rain date this year. If severe weather prevents the running of the event, refunds will be issued to teams.
- ✓ Coaches meeting will begin promptly at 9 AM in the high school cafeteria. Procedures and questions will be addressed.
- ✓ Please enter all information into Penn Track at <http://pa.milesplit.com/>
- ✓ Please input the names and performances of both A and B teams for ALL events.
- ✓ You may scratch or change athletes at the meet, but the meet will be pre-seeded based on the times you submit.
- ✓ Entries must be submitted by 9pm on 4/11/2024.
- ✓ Entrance fees are \$150 for each boys team and \$150 for each girls team.
Please make checks payable to FOWTF.
- ✓ Trophies will be awarded for 1st place boys and girls teams for overall champions.
- ✓ Individual medals will be awarded to 1st, 2nd, and 3rd places.
- ✓ Tshirts and concessions will be open all day.

For additional information, please contact **Mark McHugh** (570) 226-4557 x4105 or mchughma@wallenpaupack.org