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

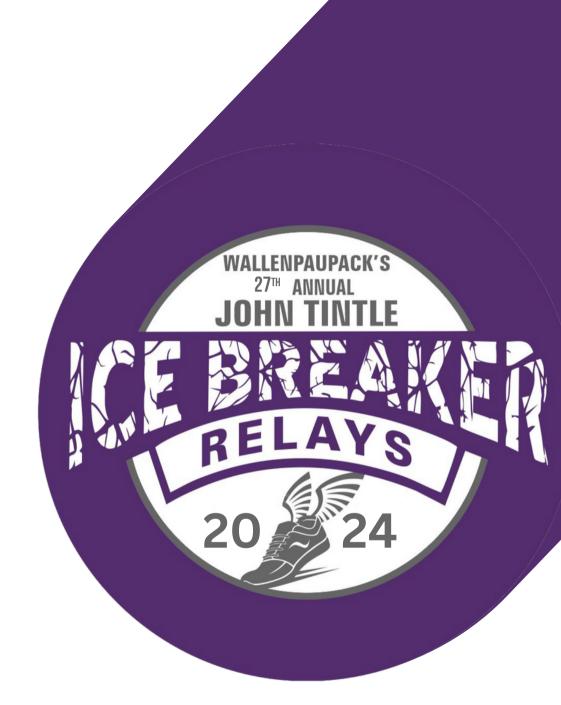
SHOTPUT

DISCUS

IAVELIN

** New Javelin Runway for 2024!

ORDER OF EVENTS:



WALLENPAUPACK AREA HIGH SCHOOL APRIL 13, 2024 9:00 AM- 3:00 PM SCAN ME FOR LIVE RESULTS!



SCORING & PROCEDURES

- 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.

COACHES INFORMATION:

- 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