

Wyoming Valley Conference Track and Field Team Championships 2024

Sponsored by the Wyoming Valley Conference League Association

Hazleton Area High School Track

Coaching Meeting
1:30pm

Monday, May 6, 2024 (Rain date: Thursday, May 9)
2:00pm

First Gun

Entry Fee: \$350 (Fee Covers both Boy's and girls' teams and cost of officials
Checks should be made out to the WVC Track
Entry Fee is Due by Friday April 26, 2024
Please return Payment to : Lake Lehman
C/O Jeff Shook
1128 Old Rte 115
Lehman, PA 18627

Scoring: Top 8 will be scored (10-8-6-5-4-3-2-1), regardless of classification

Awards: Team Plaques awarded to top Boys & Girls
Medals awarded to 1st, 2nd, & 3rd place finishers in all events, regardless of classification

Schedule

| Track Events | Field Events |
|-------------------------|--------------------------------|
| Beginning at 2pm | Approximate Start Times |
| 100m Hurdles: Trials | 2:00 Pole Vault- Girls |
| 110m Hurdles: Trials | 2:00-3:15 Long Jump- Boys |
| 100m Dash: Trials | 2:00 Javelin-Girls |
| 4x800 meter relay | 2:00 Discus- Boys |
| 110m Hurdles: Finals | 2:00-3:15 Triple Jump- Girls |
| 100m Hurdles: Finals | 2:00 High Jump- Boys |
| 100m Dash: Finals | 3:45-5:00 Long Jump- Girls |
| 1600m Run | 4:00-Javelin-Boys |
| 4x100 Meter Relay | 4:00 Shot Put – Girls |
| 400m Dash | 3:45-5:00 Triple Jump- Boys |
| 300m Hurdles | 3:30 High Jump- Girls |
| 800m Run | 4:00 Pole Vault- Boys |

| | |
|--------------|---------------------|
| 200m Dash | 6:00 Discus- Girls |
| 3200m Run | 6:00 Shot Put- Boys |
| 4x400m Relay | |

Seeding: Entries made through MileSplit - pa.milesplit.com
 Entries due by 8:00PM on Friday, May 4, 2024
 Performance Sheets emailed to AD's on Saturday, May 5, 2024
 Any Scratches are to be done by Saturday May 5th at 8pm.
 Scratches are to be send to Jeff Shook at shookj@llsd.org
 Seeding sheets will be send after scratchers have been put accepted

Entries: Top 24 times times/distances will be accepted for the meet
 Each School is guaranteed one (1) entry in each event
 Boys/Girls Pole Vault and High Jump will have a qualifying standard

| Event | Girl's | Boy's |
|------------|--------|-------|
| High Jump | 4'4" | 5'4" |
| Pole Vault | 7'0" | 9'0" |

Reminders:

1. This is "No Scratch / No Addition" meet.
 - a. Athletes may be scratched prior to the meet by emailing Jeff Shook at shookj@llsd.org
 - b. Any scratches during the meet will cause the athlete ineligible to compete in all remaining events.
 - c. No additions to the meet will be added after the deadline.
 - d. No additions or substitutions can be made to events.
2. Qualifying can come from Wyoming Valley meets or F.A.T.-timed meets/invitations.
 - a. Times will need to be verified if questioned.
3. Athletes are to stay in the stands when not in an event being run or in an immediate upcoming event.
 - a. Athletes must listen for CALL to events. Events will not be held up for "late" athletes.
4. On the track Girls' events will be run first, followed by the Boys' events
 - a. The only exceptions will be Finals for the 110HH, 100HH, Boys,' & Girls' 100M Dash Finals.

5. Field events will have no finals 4 Attempts
6. Long Jump and Triple jump will be open pits
7. Teams do not have to bring blocks for this event
8. No coaches will be permitted in the infield
9. Livestream of event will be a \$150 charge.