

**Wilderness League Track & Field Championship
Gilford High School
May 20, 2017**

The meet will be conducted rain or shine. In the event of hazardous weather (that would compromise the safety of the competitors), the meet will be CANCELLED and coaches/athletic directors will be contacted via e-mail by 8 PM, Friday, May 19.

MEET SCHEDULE ORDER OF EVENTS
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8:00-8:45AM	scratches
8:00-8:45AM	implement inspection/weigh-in
8:30	officials/timers/coaches meeting
9:00	pole vault (M), javelin (W), high jump (M) long jump (W), shot put (M), discus (W), triple jump (M)
11:00	pole vault (W), javelin (M), high jump (W) long jump (M), shot put (W), discus (M), triple jump (W)
9:15	4 x 800m Relay (W then M) Finals 100m (M) Trials 100m (W) Trials 110m H (M) Trials 100m H (W) Trials

After a 15 minute break, the finals will start. **(fast to slow sections)**

100m H /110m H (W then M) Finals
100m dash (W then M) Finals
1600m (W then M) Finals
4 x 100m Relay (W then M) Finals
400m (W then M) Finals
300m H (W then M) Finals
800m (W then M) Finals
200m (W then M) Finals
3200m (W then M) Finals
4 x 400m Relay (**3-turn stagger**) (W then M) Finals

MEET OFFICIALS

Clerk – John Goegel, Scott Clark
Timing/Results – Aaron Hayward
(assisted by Randy Phillips, Luke Robichaud, Andy Mercer)
Starters – Richard Sholtanis, Scott Clark
Announcer – Mike Smith
Facility Manager – Janine Powis, Matt Demko
Implement Inspectors – Kristi Hikel, Richard Sholtanis, Mike Smith
Head Referee – Kristi Hikel
Head Field Judge – Kristi Hikel
Custodian of Awards – Gilford HS representative
Jury of Appeals – Bernie Livingston, Mike Shevenell and Diane Morey
Athletic Trainer – Scott Kidder

EVENT OFFICIALS

Each school is responsible for officiating an event. Provide **three knowledgeable adults** (with the **necessary equipment** (clipboard and tape measure (length appropriate to the event) and a current rule book), as officials according to the following schedule –

	<u>boys</u>	<u>girls</u>
high jump	Inter-Lakes	Kearsarge
pole vault	Kennett	Kennett
long jump	White Mountains	Bishop Brady
triple jump	Moultonborough	Portsmouth Christian
shot put	Franklin	Berlin
discus throw	Kingswood	Winnisquam
javelin throw	Plymouth	Newfound
relay exchange zones (4x1R, 4x4R, 4x8R)		Mascenic
timers – Belmont, Prospect Mountain, Laconia, Woodsville		(2 adults ea.)

No one will cover your inability/unwillingness to meet this obligation. The event you are responsible for officiating will not be held if you do not provide the necessary officials.

COACHES INFORMATION

Welcome to Gilford High School. Please respect the facilities of our gracious host.

Buses will be parked in the parking area in front of the middle/high school.

Tents, Team Setup – Tents and equipment will **only** be set up outside the fence on the back straightaway and next to the school building.

No Ball/Frisbee Playing or Games of Any Kind – Athletes will be warned, then DQed.

Spectators are not permitted on the infield. Only competing athletes (and their coaches) in the discus and high jump, and competing athletes in the track events will be permitted on the infield.

Check-in for field events will be at the event. Check-in for track events will be at mid-field near the finish line. **Entrance/Exit Onto The Track** – Use the gate near the finish line when checking in for a track event. Athletes who jump the fence surrounding the track are subject to disqualification.

Only 1/8 inch spike elements are permitted on the track and jump runways/apron. The shot and discus circles are cement. The javelin runway is grass; cleats are permitted.

Food, souvenir t-shirts and 1/8” spike elements will be on sale at the concession stand.

No tape is permitted on runways or high jump apron. Chalk will be available for those athletes who do not have markers.

Relay team members must wear the same color and design of the school design.

A **3-turn stagger** will be used in the **4x400m relay**. Your athletes should be familiar with this setup, including where your 2nd leg athlete is to break in to the inside lane.

High Jump opening heights are the qualifying standards, 4' 1” (G) and 5' 0” (B), and will progress 2 inches. **Pole vault opening heights** are the qualifying standards, 5' 5” (G) and 8' 7” (B) and will progress 6 inches”. This is subject to change if there is a sizable number of entries.

Seven athletes will advance to the final of the **field events**. Six will score.

100m/100mH/110mH – winner of the 6 seeded heats plus next 2 fastest on time advance to the final. This is subject to change based on the size of the field.

Timing will be **F.A.T.** Results will be posted on **directathletics.com**.

Throws/jumps that do not meet qualifying standards will **NOT** be measured,

INDIVIDUAL AWARDS: Medals will be awarded to the top 3 places (including each member of the top 3 relay teams). They may be picked up after the results are announced.

TEAM AWARDS: Plaques will be awarded to the top 3 teams at the conclusion of the meet.

Please pick up your area after the meet.