

**Wilderness League Track & Field
Championship
Belmont High School May 18, 2019**

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 17. **[NOTE: Entries close on Direct Athletics on Wednesday, May 15 at 7PM sharp.]**

**MEET SCHEDULE
ORDER OF
EVENTS**

8:00-8:45AM scratches 8:00 implement
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) *(at the conclusion of each event above, the opposite gender will commence after a 15 minute warmup....no run backs for LJ and TJ)*

9:45 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 (W then
M) Finals

MEET OFFICIALS

Clerk – Scott Clark, John Goegel Timing/Results – Aaron
Hayward Starter - Richard Sholtanis, Scott Clark Announcer –
Mike Smith Facility Manager – Scott Clark, Aaron Hayward
Implement Inspectors – Kristi Hikel, Richard Sholtanis, Mike
Smith Head Referee – Kristi Hikel Head Field Judge – Kristi
Hikel Custodian of Awards – Belmont HS representative Jury of
Appeals – Bernie Livingston, Mike Shevenell and Diane Morey
Athletic Trainer – Michaela Babineau

EVENT OFFICIALS

=> Provide two **adults** (except Brady Brady & Kingswood) to assist
the assigned official (noted in parentheses) according to the
following schedule.

high jump boys: *Portsmouth Christian* (MaryAnne Morcom)

girls: *Kearsarge* (MaryAnne Morcom)

pole vault boys: *Kennett* (Ollie Anderson)

girls: *Prospect Mountain* (Ollie

Anderson) long jump boys: *White Mountains* (Scott
Davis)

girls: *Woodsville* (Scott Davis) triple jump boys:

Moultonborough (Nick Athanasopoulos)

girls: *Inter-Lakes* (Nick

Athanasopoulos) shot put boys: *Franklin* (Dennis Vienneau)

girls: *Berlin* (Debnis Vienneau)

discus throw boys: *Laconia* (Jody Fredette)

girls: *Winnisquam* (Jody Fredette) javelin throw

boys: *Plymouth* (Art Nadeau) girls: *Newfound*
(Art Nadeau)

relay exchange zones *Bishop Brady, Kingswood* need to supply 3 adults ea [4x100mR (6 zone judges required), 4x400mR (4 zone judges required), 4x800mR (4 zone judges required)]

timing (F.A.T.) *Belmont, Gilford*

COACHES INFORMATION

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

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

Tents, Team Setup – Tents and equipment will **only** be set up outside the fence around the first turn and along the home straightaway.

No Ball/Frisbee Playing or Games of Any Kind

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 are not to jump the fence surrounding the track.

3/16 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 and souvenir t-shirts 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**.

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.

Your cooperation on meet day is greatly appreciated.

Executive Committee Scott Clark (Belmont HS)
(sclark@sau80.org) Joe Wernig (Gilford HS) (jwernig@sau80.org)

Aaron Hayward (Belmont HS) (ahayward33@gmail.com) Mike
Smith (Mascenic HS) (msmith@mascenic.org) Kristi Hikel (NHIAA
Outdoor T&F Committee) (hikelkristi@gmail.com) John Goegel
(Belmont HS) (jtgoegel@gmail.com)