

THE 17<sup>TH</sup> ANNUAL

# WARREN COUNTY TRACK MEET

3:30 P. M. Thursday, May 11, 2006

WAR MEMORIAL ATHLETIC FIELD

1. The WARREN COUNTY TRACK MEET will be held on Thursday, May 11, 2006.
2. Opening ceremonies will consist of a welcome and the playing of the National Anthem. At 3:10 p.m. we would like the athletes to assemble in the “infield.” The opening will be held at 3:15 with “first calls” to follow at 3:20.
3. Championship trophies as well as outstanding track and field, male and female athletes will be presented at the conclusion of the meet
4. Medals and ribbons will be available to each team’s coach in the press box at the conclusion of the meet. Awards not claimed at that time will be sent to each school.
5. Team scoring:      Individual events - 6, 4, 3, 2, 1                      Relays – 6, 4, 2
6. Teams may enter three participants in each individual event, and one relay team in each relay event
7. We will run trials and finals in the 100 M dash. We will run two heats of six and advance the top three from each heat to the finals
8. The boys’ pole vault will begin at 8’ and the girls’ will begin at 5’ 6” height. The boys’ high jump will begin at 5’ and the girls’ at 4’2”.

9. Order of events:

**Running events – 3:30**

**Girls – Boys**

3200 Relay  
100 – 110 H  
100 M                      Trial  
1600 M  
100 M                      Final  
400 M  
400 Relay  
300 H  
800 M  
200 M  
3200 M  
1600 Relay

**Field events – 3:30**

High Jump	G	B
Long Jump	B	G
Triple Jump	G	B
Shot Put	B	G
Pole Vault	G	B
Discus	G	B
Javelin	G	B

10. Participants will be seeded for each event. Please submit all entries and seeding information to Jack Werner at Sheffield Area High School by **noon** on **Thursday, May 5. Fax: 968-4233.** Electronic copies of the seeding forms are available and can be submitted via E-mail to [Jack.Werner@wcsdpa.org](mailto:Jack.Werner@wcsdpa.org) Contact your Athletic Director or Jack Werner at the address above for the electronic seeding form.
11. All field events will be run in one flight. In the long jump, triple jump, shot put, discus, and javelin each contestant will be given four (4) trials.
12. We plan to use two long and triple jump pits. We will make every attempt to accommodate your athletes should there be conflicting events.
13. Scratches and alternates will be accepted by Jack Werner in the infield prior to 3:00. **Seeding and heats will not be changed** based upon these adjustments.