

# Waverly Track and Field

## **CAAC Division 2 Track and Field Championship Meet**

Welcome to Waverly High School for the CAAC Division 2 Track and Field Championship.

What: CAAC Division 2 Championship

Date: Wednesday, May 23, 2005

Time: 3:00 p.m. Scratch Meeting  
3:30 p.m. Field Events

### Entry

Format:

- 4 entries per team in each individual event(scratch to 3 at the meet)
- One relay entry
- 4 Preliminary heats in the 100, 200, and 100/110 Hurdles(Top 2 to Finals)  
If 16 or fewer after scratches-Two Heats(Top 4 to Finals)
- One section in the middle and distance races; 800, 1600, 3200

### Scoring

Format: Individual Races and Relays

1<sup>st</sup> place = 10 points, 2<sup>nd</sup> place = 8 points, ..., 5<sup>th</sup> place = 2 point, 6<sup>th</sup> Place  
1 point

Seeding: Sections in the laned races will be seeded by time so that all heats will be competitive with the fastest seeds running in the last section and the slower seeds running in the sections that precede it.

Scratches: Scratches for the 100m Dash, 200m Dash, and 100/110m Hurdles must be turned in to the press box before 3:00PM or at the scratch meeting so that the preliminary heats can be formed and team/heat conflicts can be resolved.

Scratches for field events will be done at the event.

To eliminate open lanes in finals of sectioned races, scratches in all other races will be done on the track with the clerk of the course. Those races will be seeded on the track.

Timing: Waverly High School uses an automatic timing system. This timing system will be used to record the official time and place in all laned events. Athletes in **laned** events will receive a stick with the **LANE**(not finish place) to serve as a verification of athlete/lane assignment for the video timer. To facilitate better meet efficiency, distance(non-laned) times will be taken cross-country style on the track. Each **distance** runner will receive a **place** stick at the finish line. All athletes must immediately bring their finish line sticks to the finish line table so that their name, place and/or lane is correctly matched to their official time.

### **Field Event Information**

High Jump: Opening Height is 4-06 Girls, 5-08 Boys with additional raises of 2” .

Pole Vault: Opening Height is 10-00 for Boys; 6-06 Girls with additional raises of 6”.

Long Jump: Open Pit for girls 3:30-4:30 p.m. Finals at 5:00

Open Pit for boys 5:45-6:45 p.m. Finals at 7:00

- Three jumps per athlete, top seven to Finals for 3 additional jumps.

Shot Put and Discus:

- Three throws per athlete, top seven to Finals for 3 additional throws.

- Athletes will throw in flights based on seed entry with the best seeds in the last flight.

## Tentative Time Schedule

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3:00 Scratch Meeting

3:30 Field events

\*Boys high jump followed by Girls high jump

\*Boys shot put followed by Girls shot put

\*Girls discus followed by Boys discus

\*Boys pole vault followed by Girls pole vault

\*Long Jump

Girls Open Pit from 3:30 to 4:30, Finals at 5:00

Boys Open Pit from 5:45 to 6:45, Finals at 7:00

Three trials in the shot put, discus and long jump; Top Seven to Finals

4:00 100 Meter Dash Trials

4:20 100/110 Meter Hurdle Trials

4:40 200 Meter Dash Trials

5:00 3200 Meter Relay

6:00 110/100 Meter Hurdles

6:10 100 Meter Dash

6:20 800 Meter Relay

6:30 1600 Meter Run

6:50 400 Meter Relay

7:00 400 Meter Dash

7:30 300 Meter Hurdles

8:00 800 Meter Run

7:45 200 Meter Dash

7:55 3200 Meter Run

8:20 1600 Meter Relay

8:50 Awards Presentation