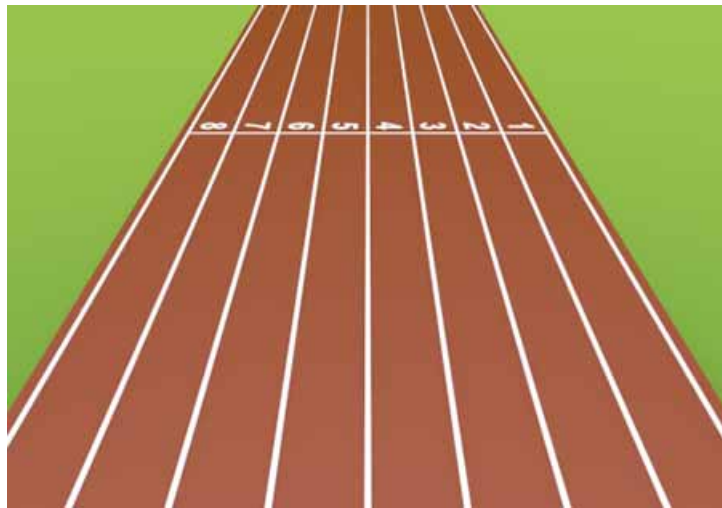


State Track Meet



Packet

Please print packet and take with you
to the State Track Meet

WVSSAC State Track Meet Information

Coaches Packets: Coaches Packets will be available at 11:00 AM provided you have submitted your room list online. **Only coaches may pick up the packets at the registration tables. The registration tables will be to the left of the ticket booth near the stadium entrance.** Athletes are not to come to the registration table area.

They will include:

1. Participant Certificates for athletes
2. Bib Numbers and safety pins
3. Roster for your use
4. Coaches Pass

Admission:

Athletes:

Admitted with their bib numbers provided in the Coaches Packet.

Coaches:

Coaches passes for the Girls' Head Coach and Asst. Coach and the Boys' Head Coach and Asst. Coach will be in your packets. WVSSAC C & I cards are not valid at state tournaments. If a school has additional assistant coaches **that are board approved and paid by the Board of Education**, then a request for additional coach's packets must be made by an administrator from your school. Email Mr. Wayne Ryan @ wayne.ryan@wvssac.org with the request and designate as a boys or girls assistant coach.

Manager:

Please email Mr. Wayne Ryan at wayne.ryan@wvssac.org with these requests. Specify girls or boys manager.

Awards:

Awards are presented to all six (6) place winners thirty (30) minutes after the results of said event have been announced. Should there be a protest in said event, the award presentation will be delayed.

Batons:

Provided by WVSSAC

Bib Numbers:

Numbers are included in your packet as well as a roster indicating to whom the numbers are assigned.

Blocks:

Provided by Laidley Field - Personal blocks are not permitted

Hip Numbers:

Will be provided in the bullpen for individual events and anchor legs of all relays.

Marking Materials:

Track:

Tennis ball provided by Laidley Field

Tape – athletes must provide

High Jump: Two marks provided by athlete

Long Jump: Provided by Laidley Field

Pole Vault: Provided by Laidley Field

- Practice:** Practice is permitted at Laidley Field on Thursday evening, **May 16th** until 8:00 P.M
- Protests:** Protests must be made in writing within thirty (30) minutes after the results have been announced. Forms are available at the Finish Line Building.
- Qualifiers:** Trials – Top two (2) and next four (4) best times
Field Events – Top eight plus ties
- Relay Cards:** Provided in your packet. Complete and send to bull pen with your relay team.
- Restricted Area:**
1. Area inside the barrier of the track.
 2. Area inside the ropes at shot and discus.
 3. No coaches or support personnel are permitted in restricted area unless given permission by a referee.
 4. Removal of any portion of team uniform except shoes in this area could result in a disqualification.
- Bus Drivers:** All bus drivers must purchase tickets. The decision as to whom pays for the ticket is up to the school.
- School Photographer :** Only one school photographer per school and the request must be emailed from the Principal by Wednesday, May 16. Email to: bill.gillispie@wvssac.org
- Team Pages in Program:** Must be submitted to WVSSAC office
- Team Tents:** May not be put up until after 11:00 AM – Friday – **May 17th** – North Stand only
- Throwing Implements:** Provided by WVSSAC
- Uniforms:** School issued or school approved – Remember any item worn may only have one logo and must meet the NFHS Rule of being less than 2 ¼ square inches.
- Hotel Info:** An online fillable form should be completed and emailed to wayne.ryan@wvssac.org by 12:00 noon on Thursday prior to the State Track Meet. Please be specific with the name of the hotel, (i.e. Holiday Inn, Kanawha City, Civic Center or South Charleston). If you do not need rooms, complete the top of the form with the contact information and put NA for rooms.
- Go to the WVSSAC website.
Click on:
Sport
Track
State Track Meet Rooming List
Complete Form
Email to: wayne.ryan@wvssac.org

Graduation Info: If your school will have students graduating at the State Track Meet please complete the online fillable form by 12:00 noon on Thursday prior to the State Track Meet.

Go to the WVSSAC website.

Click on:

Sport

Track

State Track Graduation Form

Complete Form

Email to: wayne.ryan@wvssac.org

ONLINE COACHES PACKET

Rooming List: Complete online prior to noon on Thursday, May 17th. Email to wayne.ryan@wvssac.org

Schedule: Order of Events as listed in **February 2019** Interscholastic

Scratch Sheet: Please copy from this packet and complete and return to table near office prior to the start of the meet. You need to submit even if you have no scratches. Simply write **NO SCRATCHES** on the form. **Due by 1:30 PM Friday.**

Sportsmanship Form: Please copy from this packet and complete and return to table near office prior to the start of the meet.

Pole Vault Certification Form: Must be given to PV Judge before you can compete.

WV STATE HIGH SCHOOL TRACK MEET

DATE _____

SCRATCH SHEET

CLASS _____

BOYS _____

GIRLS _____

SCHOOL _____ **COACH'S SIGNATURE** _____

NAME

HEAT

LANE

100 m Dash _____

200 m Dash _____

400 m Dash _____

800 m Run _____

1600 m Run _____

3200 m Run _____

100 m HH _____

110 m HH _____

300 m Hurdles _____

Discus _____

High Jump _____

Long Jump _____

Pole Vault _____

Shot Put _____

RELAY NAME CHANGES

4 X 100 _____

4 X 200 _____

4 X 400 _____

4 X 800 _____

Shuttle Hurdle _____

West Virginia Secondary School Activities Commission
State Track Meet Sportsmanship and Equipment Form

The National Federation of State High School Associations and the West Virginia Secondary School Activities Commission expects that each member of every track team demonstrate good sportsmanship throughout the competition of this event. Acts meant to demean opposing competitors; teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated.

Rule 3-4-8 – a – Verification of Sportsmanship

We verify by signing below that we have discussed sportsmanship with all team members and that each member of our team will display good sportsmanship throughout the competition of the West Virginia State High School Track Meet

School _____ Boys Girls

Head Coach – Please Print _____ Date _____

Head Coaches Signature _____

Captain – Please Print _____

Captain's Signature _____

Rule 3- 4 - 8 – b –Verification of Equipment

I, _____, Head Track Coach (Boys) (Girls) of _____ High School verifies that all of my competitors are properly equipped (Uniforms and equipment) in compliance with NF and WVSSAC rules. Should I have a question regarding the legality of a piece of equipment, I will personally meet with the Referee prior to the start of the meet.

Coaches Signature _____ Date _____

2018-19 Track Order of Events

Order of Events

Friday, May 17 (Please note starting times of events)

Time	#	B/G	Event	Div.	Pre/Finals
1:55 PM			National Anthem		
2:00 PM			Field Events – Session 1 – V		
		Girls	Discus	AA	Finals
		Girls	High Jump	A	Final
		Boys	Long Jump	AA	Finals
		Boys	Pole Vault	A	Finals
		Boys	Shot Put	AAA	Finals
2:00 PM	1	Girls	4x800 Meter Relay	A	Finals
2:15 PM	2	Girls	4x800 Meter Relay	AA	Finals
2:30 PM	3	Girls	4x800 Meter Relay	AAA	Finals
2:45 PM	4	Boys	4x800 Meter Relay	A	Finals
3:00 PM	5	Boys	4x800 Meter Relay	AA	Finals
3:15 PM	6	Boys	4x800 Meter Relay	AAA	Finals
3:30 PM	7	Girls	100 Meter Hurdles	A	Trials
3:35 PM	8	Girls	100 Meter Hurdles	AA	Trials
3:40 PM	9	Girls	100 Meter Hurdles	AAA	Trials
3:50 PM	10	Boys	110 Meter Hurdles	A	Trials
3:55 PM	11	Boys	110 Meter Hurdles	AA	Trials
4:00 PM			Field Events – Session 2 – VI		
		Boys	Discus	AAA	Finals
		Boys	High Jump	AA	Final
		Girls	Long Jump	AA	Finals
		Girls	Pole Vault	A	Finals
		Girls	Shot Put	AAA	Finals
4:00 PM	12	Boys	110 Meter Hurdles	AAA	Trials
4:10 PM	13	Girls	100 Meter Dash	A	Trials
4:15 PM	14	Girls	100 Meter Dash	AA	Trials
4:20 PM	15	Girls	100 Meter Dash	AAA	Trials
4:25 PM	16	Boys	100 Meter Dash	A	Trials
4:30 PM	17	Boys	100 Meter Dash	AA	Trials
4:35 PM	18	Boys	100 Meter Dash	AAA	Trials
4:45 PM	19	Girls	Shuttle Hurdles	A	Finals
5:00 PM	20	Girls	Shuttle Hurdles	AA	Finals
5:15 PM	21	Girls	Shuttle Hurdles	AAA	Finals
5:30 PM	22	Boys	Shuttle Hurdles	A	Finals
5:45 PM	23	Boys	Shuttle Hurdles	A	Finals
6:00 PM			Field Events – Session 3 – I		
		Girls	Discus	AAA	Finals
		Girls	High Jump	AA	Final
		Boys	Long Jump	AAA	Finals
		Boys	Pole Vault	AA	Finals
		Boys	Shot Put	A	Finals
6:00 PM	24	Boys	Shuttle Hurdles	A	Finals
6:20 PM	25	Girls	200 Meter Dash	A	Trials
6:25 PM	26	Girls	200 Meter Dash	AA	Trials
6:30 PM	27	Girls	200 Meter Dash	AAA	Trials
6:40 PM	28	Boys	200 Meter Dash	A	Trials
6:45 PM	29	Boys	200 Meter Dash	AA	Trials
6:50 PM	30	Boys	200 Meter Dash	AAA	Trials
7:00 PM	31	Girls	3200 Meter Run	A	Finals
7:15 PM	32	Girls	3200 Meter Run	AA	Finals
7:30 PM	33	Girls	3200 Meter Run	AAA	Finals
7:45 PM	34	Boys	3200 Meter Run	A	Finals
8:00 PM	35	Boys	3200 Meter Run	AA	Finals
8:15 PM	36	Boys	3200 Meter Run	AAA	Finals

Saturday – May 18

Time	#	B/G	Event	Div.	Pre/Finals
9:00 AM			Field Events – Session 4 – II		
		Boys	Discus	A	Finals
		Boys	High Jump	AAA	Final
		Girls	Long Jump	AAA	Finals
		Girls	Pole Vault	AA	Finals
		Girls	Shot Put	A	Finals
10:00 AM	37	Girls	400 Meter Dash	A	Finals
10:05 AM	38	Girls	400 Meter Dash	AA	Finals
10:10 AM	39	Girls	400 Meter Dash	AAA	Finals
10:15 AM	40	Boys	400 Meter Dash	A	Finals
10:20 AM	41	Boys	400 Meter Dash	AA	Finals
10:25 AM	42	Boys	400 Meter Dash	AAA	Finals
10:30 AM	43	Girls	1600 Meter Run	A	Finals
10:40 AM	44	Girls	1600 Meter Run	AA	Finals
10:50 AM	45	Girls	1600 Meter Run	AAA	Finals

11:00 AM Field Events – Session 5 – III

Time	#	B/G	Event	Div.	Pre/Finals
		Girls	Discus	A	Finals
		Girls	High Jump	AAA	Final
		Boys	Long Jump	A	Finals
		Boys	Pole Vault	AAA	Finals
		Boys	Shot Put	AA	Finals
11:00 AM	46	Boys	1600 Meter Run	A	Finals
11:10 AM	47	Boys	1600 Meter Run	AA	Finals
11:20 AM	48	Boys	1600 Meter Run	AAA	Finals
11:35 AM	49	Girls	300 Meter Hurdles	A	Finals
11:40 AM	50	Girls	300 Meter Hurdles	AA	Finals
11:45 AM	51	Girls	300 Meter Hurdles	AAA	Finals
11:50 AM	52	Boys	300 Meter Hurdles	A	Finals
11:55 AM	53	Boys	300 Meter Hurdles	AA	Finals
12:00 PM	54	Boys	300 Meter Hurdles	AAA	Finals

12:05 PM National Anthem and Graduations

Time	#	B/G	Event	Div.	Pre/Finals
1:00 PM			Field Events – Session 6 – IV		
		Boys	Discus	AA	Finals
		Boys	High Jump	A	Final
		Girls	Long Jump	A	Finals
		Girls	Pole Vault	AAA	Finals
		Girls	Shot Put	AA	Finals
1:00 PM	7	Girls	100 Meter Hurdles	A	Finals
1:03 PM	8	Girls	100 Meter Hurdles	AA	Finals
1:06 PM	9	Girls	100 Meter Hurdles	AAA	Finals
1:15 PM	10	Boys	110 Meter Hurdles	A	Finals
1:18 PM	11	Boys	110 Meter Hurdles	AA	Finals
1:21 PM	12	Boys	110 Meter Hurdles	AAA	Finals
1:25 PM	13	Girls	100 Meter Dash	A	Finals
1:27 PM	14	Girls	100 Meter Dash	AA	Finals
1:29 PM	15	Girls	100 Meter Dash	AAA	Finals
1:31 PM	16	Boys	100 Meter Dash	A	Finals
1:33 PM	17	Boys	100 Meter Dash	AA	Finals
1:35 PM	18	Boys	100 Meter Dash	AAA	Finals
1:40 PM	55	Girls	4x200 Meter Relay	A	Finals
1:50 PM	56	Girls	4x200 Meter Relay	AA	Finals
2:00 PM	57	Girls	4x200 Meter Relay	AAA	Finals
2:10 PM	58	Boys	4x200 Meter Relay	A	Finals
2:20 PM	59	Boys	4x200 Meter Relay	AA	Finals
2:30 PM	60	Boys	4x200 Meter Relay	AAA	Finals

Awards Presentation						
Time	#	B/G	Event	Div.	Pre/Finals	
2:55 PM	61	Girls	4x100 Meter Relay	A	Finals	
3:00 PM	62	Girls	4x100 Meter Relay	AA	Finals	
3:05 PM	63	Girls	4x100 Meter Relay	AAA	Finals	
3:10 PM	64	Boys	4x100 Meter Relay	A	Finals	
3:15 PM	65	Boys	4x100 Meter Relay	AA	Finals	
3:20 PM	66	Boys	4x100 Meter Relay	AAA	Finals	
3:25 PM	67	Girls	800 Meter Run	A	Finals	
3:30 PM	68	Girls	800 Meter Run	AA	Finals	
3:35 PM	69	Girls	800 Meter Run	AAA	Finals	
3:40 PM	70	Boys	800 Meter Run	A	Finals	
3:45 PM	71	Boys	800 Meter Run	AA	Finals	
3:50 PM	72	Boys	800 Meter Run	AAA	Finals	
3:55 PM	25	Girls	200 Meter Dash	A	Finals	
3:57 PM	26	Girls	200 Meter Dash	AA	Finals	
3:59 PM	27	Girls	200 Meter Dash	AAA	Finals	
4:01 PM	28	Boys	200 Meter Dash	A	Finals	
4:03 PM	29	Boys	200 Meter Dash	AA	Finals	
4:05 PM	30	Boys	200 Meter Dash	AAA	Finals	
4:10 PM	73	Girls	4x400 Meter Relay	A	Finals	
4:22 PM	74	Girls	4x400 Meter Relay	AA	Finals	
4:34 PM	75	Girls	4x400 Meter Relay	AAA	Finals	
4:46 PM	76	Boys	4x400 Meter Relay	A	Finals	
4:58 PM	77	Boys	4x400 Meter Relay	AA	Finals	
5:10 PM	78	Boys	4x400 Meter Relay	AAA	Finals	
5:25 PM			Awards			

WV State Track Meet Field Events Rotation						
	1	2	3	4	5	6
2019	V	VI	I	II	III	IV
2020	VI	I	II	III	IV	V
2021	I	II	III	IV	V	VI
2022	II	III	IV	V	VI	I
2023	III	IV	V	VI	I	II
2024	IV	V	VI	I	II	III

PARKING LOT

PRESS BOX
SOUTH SIDE BLEACHERS

GATE #3

START
400, 800, 1600, 3200
4x100, 4x200
4x400, 4x800
Shuttles

GATE: Press/Officials Only

Finish

4 x 400
Relay Zone

Relay
Zone #3

Awards Table/Stand

S C O R E B O A R D

PV

(HJ)

START
200

(LJ)

BULLPEN

Breakline

Relay
Zone #1

Relay
Zone #2

START
300H

GATE #2

GATE #1

ATHLETES
INTERSTATE
NORTH SIDE BLEACHERS

Bull Pen Information

State Track Meet

There will be only one bull pen per class for all running events. It is located along the back straight away.

There will not be 1st, 2nd and 3rd calls. Instead there will be a general announcement about upcoming events. Therefore athletes will need to have some knowledge about the time their event is scheduled.

All athletes need to have their assigned bib number when reporting.

Relay teams (all four members) must report together and have their relay card.

Athletes will enter and exit through gate #1, located just up the track from the bull pen.

An online Fillable Form should be completed and emailed to Wayne Ryan by 12:00 Noon on Thursday prior to State Track Meet. Please be specific with the name of the hotel, i.e. Holiday Inn, Kanawha City; Civic Center; or South Charleston.

If you do not need rooms, email Wayne Ryan so he will have a record.

Go to the WVSSAC website.

Click on:

Sport

Track

State Track Meet Rooming List

Fill out and email to:

wayne.ryan@wvssac.org



**Please find the
2019
State Performance List
for each class
on the track page.**