



S.W.C.L. Indoor Track Coaches Information

January 25, 2017

- 1) Maximum entrants per school per event are as follows: Two each in Shot Put, High Jump, Dash, and hurdles, three each in 300, 600, 1000, mile, 2 mile, and one relay team per school per event. Athlete limits are still 2 running and 2 field events. There are no JV events.
- 2) Only SWCL Meet results are accepted. Do not send in results for athletes from Reggie Lewis. Athletes put into events that they have not previously run will be No Times (NT). Read the entry form carefully and make sure you use the correct one because the girls and boys events have different numbers. Only use times for metric races 55m, 55mHH...no 50 yard times.
- 3) **Entries are due by Sunday Night, January 22, 2017 at 5:00pm.**
- 4) This is your league championship meet. Please do not enter athletes just to fill slots. We will pull athletes off the track if they have been lapped multiple times and they are the only ones left to save their embarrassment.
- 5) Meet starts promptly at 4:30pm. No entry into the gym until 4:00pm. All regular league meet rules apply.
- 6) Awards – Medals for all top three and ribbons for 4th - 6th scoring places in individual events Medals for 1st place in relays with ribbons for 2nd – 6th places in relays. League Meet Champions Trophies will be presented at end of the meet.
- 7) Coaches will not need to assist in running the meet. The coaches area is where the scoring table for regular meets at Tantasqua is located. **Coaches/parents are not allowed on the infield at all.**
- 8) Performance lists will be posted on wilburracesystems.com on Monday by noon. Once these are posted, there are no changes or updates allowed. All scratches will be done by 4:15pm on meet day and that locks your athlete into those events unless there is an injury and you get permission from me to take an athlete out of an event to fill a relay.
- 9) There is **no** replacement of scratched athletes.

League Meet – Tantasqua - District Meet Running Order of Events (Girl's first unless noted)

Boy's Shot Put followed by girls

Girl's High Jump followed by boys (opening heights 4'0" for girls and 5'0" for boys)

Two Mile- 21+ laps

55 meter Hurdles Trials

55 meter Dash Trials

Mile – 10 ³/₄ laps

300 – 2 laps

55 meter Hurdles Finals

55 meter Dash Finals

600 – 4 laps

1000 – 6 ³/₄ laps

800M relay - 1¹/₄ laps each

3200M relay - 5¹/₄ laps each

1600M relay - 2 ³/₄ laps each