



D.V.C. Indoor Track Coaches Information

January 23, 2017

- 1) Maximum entrants per school per event are as follows: Three (3) per event. There are no JV events.
- 2) Only DVC 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.
- 3) **Entries are due by Thursday Night, January 19, 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 5:30pm. No entry into the gym until 5:00pm. All regular league meet rules apply.
- 6) Coaches will not need to assist in running the meet. The coaches area is where the storage garage door at the end of the dash. Coaches/parents are not allowed on the infield at all.
- 7) Performance lists will be posted on wilburracesystems.com on Friday by noon. Once these are posted, there are no changes or updates allowed. All scratches will be done by 5:10pm on meet day and that locks your athlete into those events unless there is an injury and you get permission to take an athlete out of an event to fill a relay.
- 8) There is **no** replacement of scratched athletes.

League Meet – Northbridge - (Girl's first unless noted)(District Meet Order)

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

50 meter Hurdles Trials

50 meter Dash Trials

Mile

300

50 meter Hurdles Finals B/G (2 sections – 3/3)

50 meter Dash Finals (2 sections – 3/3)

600

1000

800M relay - 1¼ laps each

1600M relay - 5¼ laps each