**Dustin Rees–Activities Director**

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MOUNTAINVIEW HIGH

TO: Athletic Directors/High School Track Coaches

FROM: Dustin Rees – Athletic Director

DATE: May 5, 2022

RE: Jeff Hereford Memorial Track Meet

Mountain View High School will be hosting the Jeff Hereford Memorial Track meet on Wednesday Thursday May 5, 2022 **This meet will be sanctioned by the WHSAA as a qualifying track meet.**

**Please register your athletes on RUNNER CARD for organizational purposes and for Results. THIS WILL STILL BE A STICKER MEET. Please include Name, School, and Event for each running event on the stickers.**

**DEADLINE FOR RUNNERCARD: May 4, 2021 @ 11:59pm**

**START TIME:** 3:30 field events, 3:45 running events

**Schools Attending:**

Mountain View- Evanston – Green River – Manila – Farson

**Entry Fee:**

NO ENTRY FEE

**Entry Numbers:**

**PLEASE LIMIT YOUR ENTRIES TO 6 PARTICIPANTS PER EVENT.** Each individual will be allowed (4) event entries including relay’s.

**Equipment:**

1/8 “ spikes – cement shot and discus rings – on long jump pit – one triple jump pit – one pole vault pit – one high jump pit

**Finals:**

Running Events:

All running events will be **Hand Held** timed finals. We ask that your fastest runners are placed in the first heat of each event.

Field Events:

All field events will be held as finals with no prelims. Flights will be broken up into no more than 8 athletes. In throwing events and horizontal jumps each athlete will be given 4 trials. In vertical jumps athletes are given three attempts at each height.

Minimum Marks to receive a measurement are as follows:

**Boys Shot: 32’**

**Girls Shot: 22’**

**Boys Discus: 90’**

**Girls Discus: 65’**

**Boys Long: 15’**

**Girls Long: 11’6”**

**Weigh In: Open between 2:45 and 3:15**

Each shot and discus must be weighed in and marked before it can be used in competition. Weigh ins for the shot and disc will be held underneath the stadium.

Pole vaulters will be weighed in and have their poles checked in underneath the stadium.

**Scoring**: 10-8-6-5-4-3-2-1 (8 places)

**Coaches Meeting:**

Coaches meeting will be held at the finish line at approximately 3:15

**Appeals:**

The meet referee will be responsible for all appeals, the jury of appeals will serve only in an advisory capacity. Members of the jury of appeals are Dustin Rees, Jeff Newton, Joel Giorgis

**Locke rooms:**

Locke rooms will be available inside the school. Mountain View high school is not responsible for lost or stolen items. Please be sure to keep your valuables with you at all times.

**SCHEDULE OF EVENTS**

**3:30 FIELD EVENTS**

**Boys Shot (Girls to follow),**

**Boys’ Long Jump (Girls to follow),**

**Boy’s Pole Vault (Girls to follow)**

**Girls’ Discus (Boys to follow),**

**Girls’ Triple Jump (Boys to follow),**

**Girls High Jump (Boys to follow)**

*\*\*Starting heights will be determined by the event judge for the high jump and pole vault.*

**3:45 RUNNING EVENTS (Girls followed by boys)**

**3200 M Run**

**4 X 800 Relay**

**100 M Hurdles**

**110 M Hurdles**

**100 M Dash**

**1600 M Run**

**4 X 100 M Relay**

**400 M Dash**

**300 M Hurdles**

**300 M Intermediate Hurdles**

**800 M Run**

**200 M Dash**

**Sprint Medley Relay**

**4 X 400 Relay**

**FIELD EVENT PROTOCOLS**

**VERTICAL JUMPS (Pole Vault and High Jump)**

* 5 Alive -

**HORIZONTAL JUMPS (Long Jump/Triple Jump)**

* 4 Jumps, No Finals

**THROWS**

* 4 Throws, No Finals
* 2 and 2 –

**IMPLEMENT WEIGH IN**

Boys Shot – 5.4 kg

Boys Disc – 1.6 kg

Girls Shot – 4.0 kg

Girls Disc – 1.0 kg

**3:30 FIELD EVENTS**

**Boys Shot (Girls to follow),**

**Boys’ Long Jump (Girls to follow),**

**Boy’s Pole Vault (Girls to follow)**

**Girls’ Discus (Boys to follow),**

**Girls’ Triple Jump (Boys to follow),**

**Girls High Jump (Boys to follow)**

*\*\*Starting heights will be determined by the event judge for the high jump and pole vault.*