

**Wilderness League Track & Field Championship
Gilford High School
May 21, 2022**

MEET SCHEDULE

8:00-8:45AM scratches
8:00-8:45 implement inspection/weigh-in
8:30 officials/timers/coaches meeting

9:00 pole vault (M then W), javelin (W then M),
high jump (M then W), long jump (W then M),
shot put (M Then W), discus (W then M)
triple jump (M then W)

Field Events: highest seed flights last, then finals.

Seven athletes will advance to the final of the field events; six will score.

High Jump opening heights are the qualifying standards, 4' 1" (G) and 4' 11" (B), and will progress 2 inches. **Pole vault opening heights** are the qualifying standards, 6' 0" (G) and 8' 6" (B), and will progress 6 inches. This is subject to change if there is a sizable number of entries.

9:45 4 x 800m Relay (W then M) Finals
100m (M) Trials
100m (W) Trials
110m H (M) Trials
100m H (W) Trials

100m/100mH/110mH – winner of the 6 seeded heats plus next 2 fastest on time advance to the final. This is subject to change based on the size of the field.

After a 15 minute break, the finals will start. (**slow to fast sections**)

100m H /110m H (W then M) Finals
100m dash (W then M) Finals
1600m (W then M) Finals
4 x 100m Relay (W then M) Finals
400m (W then M) Finals
300m H (W then M) Finals
800m (W then M) Finals
200m (W then M) Finals
3200m (W then M) Finals
4 x 400m Relay (**3-turn stagger**) (W then M) Finals

MEET OFFICIALS

Clerk – Scott Clark
Timing/Results – Aaron Hayward, Caroline Chaput
Starter - Richard Sholtanis
Announcer – Mike Smith
Facility Manager – Kathy Aldridge
Implement Inspectors – Kristi Hikel, Richard Sholtanis, Mike Smith
Head Referee – Kristi Hikel
Head Field Judge – Kristi Hikel
Custodian of Awards – Gilford HS representative
Jury of Appeals – Bernie Livingston, Mike Shevenell, and Diane Morey
Athletic Trainer – Gabby Beijer
Long Jump – Ken Watson
Triple Jump – John DeJager
High Jump – MaryAnn Morcom
Pole Vault – Ken Sciacca
Shot Put – Ted Elmendorf
Discus Throw – Brian Newbury
Javelin Throw – Sarah Elmendorf

EVENT RESPONSIBILITIES

Provide two **adults** to assist the assigned official according to the following schedule –

	<u>boys</u>	<u>girls</u>
high jump	Portsmouth Christian	Kearsarge
pole vault	Kennett	Prospect Mountain
long jump	White Mountains	Woodsville
triple jump	Moultonborough	Inter-Lakes
shot put	Franklin	Berlin
discus throw	Laconia	Winnisquam
javelin throw	Plymouth	Newfound
hurdle crew	Mascenic (athletes)	
relay zones (4x1R, 4x4R, 4x8R & break line)	Bishop Brady, Kingswood	
timing	Belmont, Gilford, Mascoma (hip # distribution)	

ENTRY INFORMATION

Enter competitors at www.directathletics.com, prior to Wednesday, May 18 at 7:00PM, according to the following qualifying marks. **NOTE: All Running Events MUST be entered as F.A.T. (Fully Automatic Timing). Meets that are hand-timed need to be converted to F.A.T. by adding .24 seconds to the hand times for ALL running events.] (Manual times need to be rounded up to the nearest tenth and then 0.24 seconds added. e.g. stopwatch shows a time of 24.34....round to 24.4.....add 0.24 = 24. 64 (manual time converted to equivalent F.A.T.))**

	<u>girls</u>	<u>boys</u>
100	15.14	13.14
200	31.14	26.64
400	73.14	60.64
800	2:58.44	2:22.74
1600	6:39.84	5:24.24
3200	14:56.64	11:58.44
100/110H	20.84	21.34
300H	58.64	51.54
long jump	12' 9"	16' 7"
triple jump	26' 3"	33' 7"
high jump	4' 2"	4' 11"
pole vault	6' 0"	8' 6"
shot put	24' 5"	33' 7"
discus throw	69' 0"	92' 0"
javelin throw	73' 8"	115' 0"
4x100mR	no qualifying standard; each school may enter one team	
4x400mR	no qualifying standard; each school may enter one team	
4x800mR	no qualifying standard; each school may enter one team	

PLEASE NOTE:

Throws/Jumps will not be measured that are less than the WL qualifying standard. Do not schedule a Thursday (May 19) meet and expect us to reopen entries. An entry (time, distance, height) must be confirmed with a date and location.

COACHES INFORMATION

The meet will be conducted rain or shine. In the event of hazardous weather (that would compromise the safety of the competitors), the meet will be CANCELLED and coaches/athletic directors will be contacted via e-mail by 8 PM, Friday, May 20.

Please respect the facilities of our gracious host – Gilford High School.

Buses will be parked in the parking area in front of the middle/high school.

Tents, Team Setup – Tents and equipment will **only** be set up outside the fence on the back straightaway and next to the school building. **Please pick up your area after the meet.**

No Ball/Frisbee Playing or Games of Any Kind

Spectators are not permitted on the infield. Only competing athletes (and their coaches) in the discus and high jump, and competing athletes in the track events will be permitted on the infield.

Check-in for field events will be at the event. Check-in for track events will be at mid-field near the finish line. **Entrance/Exit Onto The Track** – Use the gate near the finish line when checking in for a track event. Athletes who jump the fence surrounding the track are subject to disqualification.

3/16 inch spike elements are permitted on the track and jump runways/apron. The shot and discus circles are cement. The javelin runway is grass; cleats are permitted.

Food, souvenir t-shirts and 3/16” spike elements will be on sale at the concession stand.

No tape is permitted on runways or high jump apron. Schools are responsible for providing their own chalk (if needed).

Relay team members must wear the same color and design of the school.

A **3-turn stagger** will be used in the **4x400m relay**. Your athletes should be familiar with this setup, including where your 2nd leg athlete is to break in to the inside lane.

Timing will be **F.A.T.** Results will be posted on **directathletics.com**.

INDIVIDUAL AWARDS: Medals will be awarded to the top 3 places (including each member of the top 3 relay teams). They may be picked up after the results are announced.

TEAM AWARDS: Plaques will be awarded to the top 3 teams at the conclusion of the meet.

SCORING: 10 – 8 – 6 – 4 – 2 – 1

Your cooperation on meet day is greatly appreciated.

Wilderness Track & Field League Executive Committee.....

Executive Committee

Scott Clark (Belmont HS) (sclark@sau80.org)

Joe Wernig (Gilford HS) (jwernig@sau80.org)

Mike Smith (Mascenic HS) (msmith@mascenic.org)

Aaron Hayward (Belmont HS) (ahayward33@gmail.com)

Kristi Hikel (NHIAA Outdoor T&F Committee) (hikelkristi@gmail.com)

John Goegel (Secretary/Treasurer) (jtgoegel@gmail.com)