

DAIRYLAND CONFERENCE TRACK AND FIELD MEET
THURSDAY, MAY 13, 2010
WHITEHALL HIGH SCHOOL

- Date:** Thursday, May 13, 2010
- Rain Date:** Monday, May 17, 2010
- Site:** Whitehall High School Track
- Entries:** A school may enter a maximum of:
- one entry in each relay event
 - 28 individual entries
 - maximum of three individuals in any individual event
- Rules:** WIAA (Four-event limit, no more than 3 field events or 3 running events)
- Entries:** Entries are due by 11:59 P.M., Tuesday May 11th. Go to www.pttiming.com to enter athletes. Scratches only at the coaches meeting. No additions will be allowed.
- Lanes:** Lane 4 will be seeded with the fastest time with lanes 5-3-6-2-7-1-8-9 with next fastest times.
- Awards:** All-Conference certificates will be awarded to the top three place winners in each individual and relay event. The winner of each event will be 1st team all-conference, 2nd place will be 2nd team all-conference, and the 3rd place finisher will be honorable mention all-conference. I would like to start awarding the certificates during the 3200 meter run. We will have an awards area on the infield in front of the grandstand.
- Equipment:** Blocks will be provided. Be sure your athletes use spikes longer than ¼ inch. You must bring your own batons.
- General:** Absolutely no one except contestants running in races and meet officials will be allowed on or inside the track. We ask team set up “camps” between the high school building and the track. We ask schools help cleaning up their camp area at the conclusion of the meet.

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Time Schedule:

- 3:45 Coaches meeting
Room 108 (Enter door closest to track)
4th room on the left.
- 4:00 Girls pole vault
- 4:15 Field Events :
Girls shot put followed by the boys
Boys discus followed by the girls
Boys and girls long jump (4:15-6:15 preliminaries)
(6:30 finals)
Boys and girls triple jump(4:15-6:15 preliminaries)
(6:30 finals)
Boys and girls high jump
- 4:30 3200 meter relay finals (girls)
3200 meter relay finals (boys)
100 meter dash trials (girls)
100 meter dash trials (boys)
100 meter hurdle trials (girls)
110 meter hurdles trials (boys)
200 meter dash trials (girls)
200 meter dash trials (boys)

15 minute Break

- 100 meter hurdle finals (girls)
110 meter hurdle finals (boys)
1600 meter run (girls)
1600 meter run (boys)
4 X 200 meter relay (girls)
4 X 200 meter relay (boys)
400 meter dash (girls)
400 meter dash (boys)
4 X 100 meter relay (girls)
4 X 100 meter relay (boys)
300 meter hurdles (girls)
300 meter hurdles (boys)
800 meter run (girls)
800 meter run (boys)
200 meter dash finals (girls)
200 meter dash finals (boys)
3200 meter run (girls)
3200 meter run (boys)
4 X 400 meter relay (girls)
4 X 400 meter relay (boys)

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