

# *Wyoming Valley Conference Track and Field Team Championships 2023*

*Sponsored by the Wyoming Valley Conference League Association*

Hazleton Area High School Track  
Coaching Meeting 1:30pm

Thursday, May 11, 2023  
First Gun 2:00pm

**Entry Fee:** \$300 (Fee Covers both Boy's and girls' teams and cost of officials  
Checks should be made out to the WVC Track  
Entry Fee is Due by Friday May 5, 2023  
Please return Payment to : Lake Lehman  
C/O Jeff Shook  
1128 Old Rte 115  
Lehman, PA 18627

**Scoring:** Top 8 will be scored (10-8-6-5-4-3-2-1), regardless of classification

**Awards:** Team Plaques awarded to top Boys & Girls  
Medals awarded to 1st, 2nd, & 3rd place finishers in all events,  
regardless of  
classification

## **Schedule**

<b>Track Events</b>	<b>Field Events</b>
<b>Beginning at 2pm</b>	<b>Approximate Start Times</b>
<b>100m Hurdles: Trials</b>	<b>2:00 Pole Vault- Girls</b>
<b>110m Hurdles: Trials</b>	<b>2:00-4:00 Long Jump- Boys</b>
<b>100m Dash: Trials</b>	<b>2:00 Javelin-Girls</b>
<b>4x800 meter relay</b>	<b>2:00 Discus- Boys</b>
<b>110m Hurdles: Finals</b>	<b>2:00-4:00 Triple Jump- Girls</b>
<b>100m Hurdles: Finals</b>	<b>2:00 High Jump- Boys</b>

<b>100m Dash: Finals</b>	<b>4:30-6:30 Long Jump- Girls</b>
<b>1600m Run</b>	<b>4:30-Javelin-Boys</b>
<b>4x100 Meter Relay</b>	<b>4:30 Discus – Girls</b>
<b>400m Dash</b>	<b>4:30:6:30 Triple Jump- Boys</b>
<b>300m Hurdles</b>	<b>3:30 High Jump- Girls</b>
<b>800m Run</b>	<b>4:00 Pole Vault- Boys</b>
<b>200m Dash</b>	<b>4:30 Shot Put- Girls</b>
<b>3200m Run</b>	<b>4:30 Shot Put- Boys</b>
<b>4x400m Relay</b>	

**Seeding:** Entries made through MileSplit - [pa.milesplit.com](http://pa.milesplit.com)  
 Entries due by 8:00PM on Tuesday, May 9, 2023  
 Performance Sheets emailed to AD's on Wednesday,  
 May 10, 2023

**Entries:** Top 24 times times/distances will be accepted for the meet  
 Each School is guaranteed one (1) entry in each event  
 Boys/Girls Pole Vault and High Jump will have a

qualifying standard

Event	Girl's	Boy's
High Jump	4'4"	5'4"
Pole Vault	7'0"	9'0"

**Reminders:**

1. This is "No Scratch / No Addition" meet.
  - a. Athletes may be scratched prior to the meet at the scratch meeting.
  - b. Any scratches during the meet will cause the athlete ineligible to compete in all remaining events.
  - c. Athletes scratching from a field event will do so at the event site.
  - d. No additions to the meet will be added after the deadline.
  - e. No additions or substitutions can be made to events at scratch meeting or day of

meet.

2. Qualifying can come from Wyoming Valley meets or F.A.T.-timed meets/invitations.
  - a. Times will need to be verified if questioned.
3. Athletes are to stay in the stands when not in an event being run or in an immediate upcoming event.
  - a. Athletes must listen for CALL to events.  
Events will not be held up for "late" athletes.
4. On the track Girls' events will be run first, followed by the Boys' events
  - a. The only exceptions will be Finals for the 110HH, 100HH, Boys,' & Girls' 100M Dash Finals.
5. Field events will have no finals 4 Attempts
6. Long Jump and Triple jump will be open pits
7. Teams do not have to bring blocks for this event
8. No coaches will be permitted in the infield
9. Livestream of event will be a \$150 charge.