

SWCL League Meet Order of Events

Field Events

Shot Put

Discus

Long Jump

Triple Jump

High Jump

Javelin

Vertical Jumping Events take precedence over Horizontal jumping events
Jumping Events take precedence over Throwing Events

Running Events

Two Mile Run (4:30pm start)

100/110m Hurdles (upon completion of field events)

100m Dash

Mile Run

4x100m Relay

400m Dash

400m Hurdles

800m Run

200m Dash

4x400m Relay

*Runners must report to clerk area when called –
those who do not report will be scratched.*

Coaches reminders

- 1) *Uniform rule – school issued only... relays identical...*
- 2) *Results will be announced and posted. Awards will be accumulated and given to head coach at end of meet. Team scores will be announced periodically and at the end of the meet for the presentation of team champion trophy. Trophy will be awarded at the finish line.*
- 3) **Once the two mile starts, absolutely no one will be in the infield area (unless still competing in a field event) except the hurdle crew, and they will leave as soon as the hurdles are moved to the 400mh marks.**
- 4) *Clerking area will be announced. Athletes who do not report will be scratched.*
- 5) **Absolutely no electronic devices of any type in any competition area.**
- 6) *Any requests for verification/correction must be submitted on the protest form and left at the finish line tent and I will get to it as soon as possible.*
- 7) ***Remember...entry limits are 3 per event***

We need to “import” 50 hurdles so we can run all 8 lanes for 100mh/110MH. Please let me know who can bring some and how many..thanks

School Assignments:Officials at foul line/coaches in field marking Hurdles/Starting Blocks to starts - Uxbridge

Shot Put – Auburn/Oxford

Discus – Bartlett/ Tantasqua

Long Jump –David Prouty/ Southbridge

Triple Jump – Millbury / Quaboag

High Jump – Leicester

Javelin-Northbridge/Grafton