



S.W.C.L. Indoor Track Coaches Information

January 23, 2019 – 4:30pm Start

- 1) Maximum entrants per school per event are as follows: Two each event with a bonus athlete allowed if they meet the event cutoff listed below. Email Dave Wilbur if you have entered a bonus athlete.
Athlete limits are still 2 running and 2 field events. There are no JV events.
- 2) Only SWCL Meet results are accepted. Do not send in results for athletes from Reggie Lewis. Athletes put into events that they have not previously run will be No Times (NT). Only use times for metric races 55m, 55mHH...no 50 yard times. Email Dave Wilbur if you have an athlete with only 50yard times for an athlete.
- 3) **Entries are due by Sunday Night, January 20, 2019 at 7:00pm on Direct Athletics**
- 4) This is your league championship meet. Please do not enter athletes just to fill slots. We will pull athletes off the track if they have been lapped multiple times and they are the only ones left to save their embarrassment.
- 5) Meet starts promptly at 4:30pm. No entry into the gym until 4:00pm. All regular league meet rules apply.
- 6) Awards – Medals for top three and ribbons for 4th - 6th scoring places in individual events Medals for 1st place in relays with ribbons for 2nd – 6th places in relays. League Meet Champions Trophies will be presented at end of the meet.
- 7) Coaches will not need to assist in running the meet. The coach's area is the dash end of the straight away.
Coaches/parents are not allowed on the infield at all. Infield will be kept clear of non-competing athletes.
- 8) Performance lists will be posted on wilburracesystems.com on Monday by noon. Once these are posted, there are no changes or updates allowed. All scratches will be done by 4:15pm on meet day and that locks your athlete into those events unless there is an injury and you get permission from me to take an athlete out of an event to fill a relay.
- 9) There is **no** replacement of scratched athletes.

League Meet – Northbridge - Order of Events (Girl's first unless noted)

Boy's Shot Put followed by girls – Top 7 to finals

Girl's High Jump followed by boys (opening heights 4'0" for girls and 5'0" for boys)

Two Mile- 21+ laps

55 meter Hurdles Trials – Fastest 6 to finals (2 sections of 3-3)

55 meter Dash Trials - Fastest 6 to finals (2 sections of 3-3)

Girls Mile – 10 ¾ laps

300 – 2 laps

Boys Mile – 10 ¾ laps

55 meter Hurdles Finals (Boys then Girls)

55 meter Dash Finals

600 – 4 laps

1000 – 6 ¾ laps

800M relay - 1¼ laps each

3200M relay - 5¼ laps each

1600M relay - 2 ¾ laps each

| Bonus Cutoffs | |
|---|----------------|
| (3 rd athlete if equal or better than the following) | |
| 55m Dash – Girls – 8.1 | Boys – 7.5 |
| 300 - Girls – 51.0 | Boys – 44.0 |
| 600 - Girls – 2:08.0 | Boys - 1:47.0 |
| 1000 - Girls - 3:55.0 | Boys - 3:16.0 |
| mile - Girls - 6:45.0 | Boys - 5:45.0 |
| 2 mile - Girls - 16:00.0 | Boys - 12:50.0 |
| 55m hurdles -Girls - 11.6 | Boys – 11.3 |
| Shot - Girls - 23'0" | Boys - 34'0" |
| HJ - Girls - 4'4" | Boys - 5'0" |