

Important Coaches Information:

(This meet is by invite only, Wyomissing Area HS will make all invites)

4:00 PM O'Pake Fieldhouse will open for all track and field teams

4:30 PM Coaches Meeting (please have at least one representative attend) Keystone Hall Room-129
(Meet Updates, Scratches, Introductions, General housekeeping & questions)

ADDITIONAL Track Information:

*SPIKES ARE PERMITTED 1/4" (Quarter inch) Pyramid **ONLY!!!**

Spikes will be available for purchase 20 pyramid spikes for \$5

Wyomissing Area H.S Team Challenge (Friday February 2, 2018)

N.F.H.S. Sanctioned Meet (Athletes only from teams pre-approved may enter (NO OPEN ENTRIES)

Timing: Fully Automatic Timing-Unless Noted

Wyomissing Area Team INVITED TEAMS ONLY

Field Events:

Top 7 marks in the Long Jump (Boys and Girls), Shot Put (Boys and Girls) to finals.

5:00PM	Girls Pole Vault	3 athletes per school	Opening HT: 7'
	<i>Followed by Boys</i>	<i>3 athletes per school</i>	<i>Opening HT: 10'</i>
5:00PM	Boys Long Jump	3 athletes per school	Minimum mark of 17' *NO LATE ENTRIES*
7:30PM	<i>Followed by Girls</i>	<i>3 athletes per school</i>	<i>Minimum mark of 13'</i>
5:00PM	Girls High Jump	3 athletes per school	Opening HT: 4'2"
7:30PM	<i>Followed by Boys</i>	<i>3 athletes per school</i>	<i>Opening HT: 5'2"</i>
5:00PM	Boys Shot Put	3 athletes per school	Minimum mark of 30'
8:00PM	<i>Followed by Girls</i>	<i>3 athletes per school</i>	<i>Minimum mark of 22'</i>

Track Events:

Girls followed by Boys (unless noted). This is a **rolling schedule** scheduled times are approximate.

5:00PM	3000m	1 per school	<i>(coaches must help count laps)</i>
6:00PM	4x800m Relay	2 teams per school	(1200m-400m-800m-1600m)
7:00PM	55m Hurdles-Trials	3 per school	Top 6 fastest times make finals
7:30PM	55m Dash-Trials	3 per school	Top 6 fastest times make finals
8:00PM	1600m	2 per school	
8:30PM	55m Hurdles-Finals		<i>Boys followed by Girls</i>
8:40PM	55m Dash-Finals		<i>Boys followed by Girls</i>
8:50PM	800m	3 per school	
9:50PM	200m	3 per school	
10:30PM	4x400m Relay	2 teams per school	

Awards: Medals to top three places in each event

Directions: http://www.kubears.com/sports/2009/11/3/GEN_1103090200.aspx?id=5

Address: 15200 S Campus Dr, Kutztown, PA 19530