TRACK AND FIELD JV CONFERENCE MEET

SOUTH LYON HIGH SCHOOL SOUTH LYON, MICHIGAN

TUESDAY, MAY 14, 2019 @ 3:00

PARTICIPANTS: Highland Milford, South Lyon East, Waterford

Kettering,White Lake Lakeland, Waterford Mott, Walled Lake Central, Walled Lake Northern, South Lyon, Walled Lake Western

PLACE: South Lyon High School Stadium

1000 N. Lafeyette, South Lyon

MEET MANAGER: Karen Adragna, [vkadragna@comcast.net](mailto:vkadragna@comcast.net)

Mike Teagan, Athletic Director

Email: [teaganm@slcs.us](mailto:teagnam@slcs.us)

School phone: 248-573-8701

Fax: 248-486-4256

ENTRIES: Entries will be done on athletic.net

Due by May 12th before midnight

* **Athletes that participated in the conference meet or regionals in any event is not eligible to enter this meet.**
* One Relay may be entered per team for each

relay event.

* One Freshman Relay may be entered per team for each relay event. We will not run as a separate event. There will not be any medals.

FACILITY: \* 8 lane, Metric, Polyurethane surface (same for

PV, HJ, & LJ)

\* 1/8” spikes or flats may be used.

¼” spikes may be used if the

shoe has recessed sockets.

\* Please bring your own chalk for marking

exchange areas - Chalk Marks Only, Please NO TAPE

\* Shot put and discus throwing surfaces are

concrete

MEDALS: Medals - Top 3 individual events, Top 3 relay teams

STARTING BLOCKS: Furnished by South Lyon High School. Non-traditional

starting blocks must be approved by the meet referee.

COACHES’ MEETING: Will be by the concession stand at 2:30

SCRATCHES: To make the meet move quickly, have your scratches ready

to hand into the timing company during the coaches’ Meeting.

DEADLINE FOR SCRATCHES WILL BE @ 2:30

INFIELD AREA Only participating athletes will be allowed in the infield area

to warm up for their event. A designated Coach’s Box will be set along the back stretch for coaches with the supplied passes.

ACCESS TO TRACK Access to the track from the stands will be via gates located

at the & BULLPEN AREA North and South ends of the straightaway. Athletes are NOT to jump the fence to gain access to the track. Athletes will be called to

the bullpen area at the North end of the field, where heats will be set, then led to the track by the clerk.

TENTS: Team tents may be used in the designated areas.

TRAINER: A certified trainer will be on duty throughout the meet.

Please supply your own tape for ankles, etc.

BUS PARKING: Buses should park in the bus loop off of 11 mile Road. The

school day ends at 2:13, so please attempt to arrange

arrivals of athletes well before or after that time

The School is off limits and will not be open to athletes.

CONCESSION STAND: Full service concession stand will be available.

ADMISSION: $5.00 for everyone. NO PASSES ACCEPTED!

LOCKER ROOMS: Please dress at home. There will not be any facilities

available. The school is off limits to athletes unless weather threatens.

INCLEMENT WEATHER: Local district policy will govern weather decisions. In the

case of severe storms, shelter may be found in the high school gymnasium.

AWARDS: Coaches may pick up all awards won by athletes in the

press box 10 minutes after the conclusion of the final event.

PRESS BOX: For exclusive use of officials during the meet.

**LAKES VALLEY CONFERENCE**

TRACK AND FIELD JV CHAMPIONSHIP MEET

SOUTH LYON HIGH SCHOOL SOUTH LYON, MICHIGAN

TUESDAY, MAY 14, 2019

**TIME SCHEDULE**

2:30 COACHES’ MEETING

3:00 BOYS POLE VAULT -

starting height 8’

BOYS LONG JUMP -

Open 60 minutes

BOYS DISCUS

GIRLS SHOT PUT

GIRLS HIGH JUMP

**AFTER THE CONCLUSION OF THE PREVIOUS COMPETITION**

GIRLS LONG JUMP - Open 75 minutes

GIRLS DISCUS

BOYS SHOT PUT

BOYS HIGH JUMP

GIRLS POLE VAULT -

starting height 6’

4:00 PRELIMS

100 Dash

110/100 Hurdles

200 Dash

4:30 NATIONAL ANTHEM

3200 RELAY

5:00 FINALS

110/100 HURDLES

100 DASH

800 RELAY

1600 RUN

400 RELAY

400 DASH

300 HURDLES

800 RUN

200 DASH

3200 RUN

1600 RELAY