



**TRACK AND FIELD CONFERENCE CHAMPIONSHIP MEET
WATERFORD MOTT HIGH SCHOOL (Hosted by: WLC)
SATURDAY, MAY 14, 2022**

- 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:** Waterford Mott High School
- MEET MANAGER:** Andrew Teberian, 248-701-5087, AndrewTeberian@wlcsd.org
Nebojsa Stojkovic, 248-882-4206, NStojkovic@wlcsd.org
Brian Swinehart, Athletic Director, BrianSwinehart@wlcsd.org
Timer: Sarah Henley, sarah_henley4u@hotmail.com
- ENTRIES:** Entries will be done on athletic.net, due by Thursday, **May 12th at noon**. THREE INDIVIDUALS plus any additional qualifiers may be entered. AQ standards are the Division 1 MHSAA Regional Meet AQs. If AQs are entered, all entries must meet the AQ or will be removed. ONE RELAY may be entered per team for each relay event.
- FALSE TIMES:** All times, distances and heights shall have been achieved from the current outdoor season, prior to noon on May 11th. Times must be entered as FAT times to the hundredth (.00) or hand held equivalent, adjusted by +.24. Confirmed false times will be placed in the last position or first section without seeding consideration.
- SCHOOL CHECK IN:** Coaches may check in their team at the back gate of the stadium, and pick up their informational packets. Only athletes in uniform will be admitted to the track with the team. **Athletes not in uniform will pay the full price of admission (\$5).**
- SCORING:** 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1
Medals - Top 3 individual events, Top 3 relay teams
- STARTING BLOCKS:** Furnished by Mott. Non-traditional starting blocks must be approved by the meet referee.

IMPLEMENT CHECK IN:	Will be checked in by Field Event Judge on site.
COACHES' MEETING:	9am at the start line - a short officials' meeting regarding procedures and to answer any questions.
SCRATCHES:	Please email Sarah Henley (sarah_henley4u@hotmail.com) with early scratches. Otherwise, drop off scratch form at the start line by noon. Advancing athletes will be Heat winners and then the fastest times to fill all remaining available lanes.
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. NO TEAM TENTS PERMITTED IN THE INFIELD
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 main parking lot - They may drop athletes in the back of the building, circle around and park in the lot.
CONCESSION STAND:	Full service concession stand will be available.
HOSPITALITY:	Coupons available in Coaches packet.
ADMISSION:	\$5.00 for everyone. Only LVC Passes accepted. School District passes, are not accepted.
DRESSING FACILITIES:	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.
JURY OF APPEALS:	TBD at Coaches Meeting at 9am at the start line.
RESULTS:	Results will be available online during the meet.
AWARDS:	Coaches may pick up all awards won by athletes in the press box 10 minutes after the conclusion of the final event. Team trophies will be awarded on the track.
PRESS BOX:	For usage of officials and WLC event staff only.

POLE VAULT:**BOYS: (AQ 12'3") GIRLS: (AQ 9'0")**

Starting height and raises will be emailed no later than Thursday, May 12th. This event will be run in rotation of "five alive".

HIGH JUMP:**GIRLS: (AQ 4'10") BOYS: (AQ 5'10")**

Starting height and raises will be emailed no later than Thursday, May 12th. This event will be run in rotation of "five alive".

LONG JUMP:**BOYS: (AQ 19'11") GIRLS: (AQ 15'7")**

Preliminary jumps from 9:00-10:30 in open order. Three attempts with the top nine jumpers advancing to the finals for 3 more attempts.

Boys can begin warm-up/run-thru immediately after girls competition is complete.

SHOT PUT:**GIRLS: (AQ 32'7") BOYS: (AQ 44'0")**

Event will be run in flights of roughly 8-9 per flight, (**best throwers LAST**) each flight taking two trials the first round and one trial in the second round. **Warm-Ups for each flight are permitted 8 warm-up throws per athlete or 15 minutes. If all athletes have thrown 8 warm-up throws and time remains, they may throw more until 15 minutes is up. Athletes should throw 2 shots at a time during warm-ups.** Top nine advance to the finals (best throwers last) 10 minutes after the finish of the preliminaries.

Girls first flight can warm-up 10 minutes after the conclusion of the boys finals; and first flight will begin thirty minutes after conclusion of the boys finals.

DISCUS:**BOYS: (AQ 129'0") GIRLS: (AQ 98'0")**

Event will be run in flights of roughly 8-9 per flight, (**best throwers LAST**) each flight taking two trials in the first round and one trial in the second round. **Warm-Ups for each flight are permitted 8 warm-up throws per athlete or 15 minutes. If all athletes have thrown 8 warm-up throws and time remains, they may throw more until 15 minutes is up. Athletes should throw 2 discs at a time during warm-ups.** Top nine advance to the finals (best throwers last) 10 minutes after the finish of the preliminaries.

Boys first flight can warm-up 10 minutes after the conclusion of the girls finals; and first flight will begin thirty minutes after conclusion of the girls finals.

