

SWCL League Meets 2015

Girl's Meet Oxford –Tuesday, May 19, 2015 (if postponed it will be doubled up with the boy's on Wednesday)

Boy's Meet Oxford –Wednesday, May 20, 2015 (if postponed it will be Friday, May 22, 2015)

Postponement policy-I will call the AD of the home school (Oxford between 12:00 and 12:30 and we will decide if conditions warrant a postponement.

If it does, I will email all AD's, coaches, and officials between 12:30 and 12:45pm. Do not call me or email me, wait for the email...If you do not get one by 1:15pm, the meet is ON !!!! If the girls meet is postponed, it will be run in conjunction with the boys on Wednesday, using the second order of events listed below. If the boy's meet is postponed, it will be on Friday.

SWCL League Meet Order of Events (single gender meets)

Field Events

Shot Put

Discus

Long Jump

Triple Jump

High Jump (opens at 4'0" girls–5'0" boys)

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

SWCL League Meet Order of Events (combined genders meet)

Field Events

Shot Put-girls then boys

Discus-boys then girls

Long Jump-girls then boys

Triple Jump-boys then girls

High Jump-girls (opens at 4'0") then boys (opens at 5'0")

Javelin- boys then girls

Vertical Jumping Events take precedence over Horizontal jumping events

Jumping Events take precedence over Throwing Events

Running Events – all events girls then boys

Two Mile Run (5:00pm start)

100m Hurdles

100m Dash

Mile Run

4x100m Relay

400m Dash

400m Hurdles

800m Run

200m Dash

4x400m Relay

Coaches reminders

- 1) Uniform rule– school issued only... relays identical...undergarments must be solid color...1 person in relay OK, more than 1 then all identical.
- 2) Jewelry rule–Religious/medical medallion/bracelets acceptable but **MUST BE TAPED DOWN**
- 3) Results will be announced and posted on the concession stand wall. 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.
- 4) 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.
- 5) Clerking area is at the end of the dash side of the track. Athletes who do not report will be scratched.
- 6) Absolutely no electronic devices of any type in any competition area.
- 7) 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 appropriate.