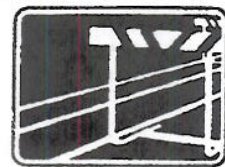


2009 Track and Field Program



ALL MEET DIRECTORS ARE REMINDED TO READ THE DIRECTOR'S MANUAL BEFORE ANY PREPARATIONS ARE MADE FOR A MEET. The necessary forms or reports that must be filed with the WVSSAC office and instructions for each sport are in the Director's Manual.

The Track Committee met at the WVSSAC office on June 4, 2008 and reviewed and recommended to the Board of Directors which approved the following:

2009 High School Track Dates:		
Season Starts:	Mon. of Wk. 35	March 2
1st Contest May Be Held	Wed. of Wk. 37	March 18
Regional	Week 45	May 13-16
State	Week 46	May 22-23
Middle School/9th Grade Dates:		
Season Starts	Mon. of Wk. 35	March 2
1st Contest May Be Held	Wed. of Wk. 37	March 18
Season Ends	Thurs. of Wk. 46	May 21

I. GENERAL INFORMATION

- The track format will be Regional and State.
- It is the coach's responsibility to enforce the uniform and jewelry rule (National Federation Rule 4-3)
- Shuttle Hurdle Relay for Girls
The race will be 102.5 meters - 10 hurdles
Layout of course:
Start to first hurdle - 13.0 meters
Distance between hurdles - 8.5 meters
Last hurdle to finish line - 13.0 meters
Shuttle Hurdle Relay for Boys
The race will be 110 meters - 10 hurdles
Layout of course:
Start to first hurdle - 13.735 meters
Distance between hurdles - 9.17 meters
Last hurdle to finish line - 13.735 meters
A team may use one marker at each exchange and it must be placed on the line between the team's assigned two lanes.
It is recommended that competition in shuttle should begin in even numbered lanes (2, 4, 6, 8) and end in odd numbered lanes (1, 3, 5, 7).
- Pole Vaulters' Weight Verification Form: Coaches are required to process the form and to give a copy of the form to the event judge at ALL meets.
- The pole vault landing system should conform to the National Federation rules. See 7-5-7; 7-5-8; 7-5-9; 7-5-10; 7-5-11; 7-5-12; and 7-5-13.

II. RULES AND REGULATIONS

- The 16 individual and relay team qualifiers in running events to the state meet will be determined as follows:
 - Top three (3) individuals and relay teams from each region will qualify.
 - The 13th through 16th qualifying positions will be determined by the next four (4) fastest times from the regional results.
 - The State Meet Games Committee will develop a tie breaking procedure to be instituted if needed. This procedure will be included in the Games Committee Report.
- Each Regional Meet will qualify the top four (4) individuals in the field events plus any additional athletes who meet or better the qualifying standard for the State Meet. If there is a tie for 4th place that does not meet the State Qualifying

Standard that tie must be worked off utilizing the tie breaking procedure that is normally used for 1st place.

- Field implements for shot and discus shall be provided by the WVSSAC for the state meet. No personal or school implements will be permitted in the throwing venues. A variety of implements will be available for warm-up and competition.
- A 34.92-degree sector will be used in the shot put and discus in all meets during the 2008 season by National Federation rule.
- Student eligibility must be submitted on line to the WVSSAC before the first meet. All updates must be completed on line before an athlete competes in a meet.

III. TOURNAMENTS

A. REGIONAL TOURNAMENT (Wednesday-Saturday of Week 45)

- It is recommended, but not mandatory, that a new coach get in touch with the regional director at least two (2) weeks prior to the regional meet to learn the proper procedures for entering and participating in a regional meet.
- It is recommended, but not mandatory, that all Regional Meets held on Wednesday/Thursday/Friday not start until 4:00 p.m.
- Price of admission: Adult - \$6.00 Student - \$5.00
- Each Regional Director is responsible for providing entry forms for each team in his/her region. Entry forms are to be returned to the Regional Director.
- The Regional Director will provide a Hy-Tek backup file and a Finish Lynx backup file of all events to the State Meet Directors by 9:00 AM the day after the Regional Meet.
- The 4 X 400 (M) Relay will be run using a 3-turn stagger in both the regional and state competitions.
- The 800, 1600, 3200 and 4 X 800 will be run using a one-turn stagger in both regional and state competitions.
- In Regional Meets, coaches will be allowed to scratch and substitute entries from eligibility sheets; however, they will not be allowed to add entries.
- Coaches are responsible for all times turned in to the Regional Director who has the authority to request verification of times.
- Regional Awards: Plaques will be provided for Regional boys' and girls' team winners only. Individual and other team awards will be left to the discretion of the directors and participating schools with the cost covered by the participating schools or other sources.
- Regional Alignment and Location**
There will be a Regional Track Director's Meeting, including Hy-Tek computer operators, at 10:00 a.m. on **Tuesday, April 14, 2009**, at the WVSSAC office. (Regional Directors are asked to bring their Hy-Tek software users.)
- Regional Track Meet recommended order for field events:

First Session	Second Session
Girls Shot	Girls Discus
Boys Discus	Boys Shot
Girls High Jump	Girls Long Jump
Boys Long Jump	Boys High Jump
Boys Pole Vault	Girls Pole Vault

AAA

Region I	
Location:	Preston High School
Director:	Michael Contic/Bruce Huggins, AD's, Preston HS
Date:	May 14, 2009
Schools:	Brooke, Wheeling Park, John Marshall, Morgantown, University, North Marion, Fairmont Sr., East Fairmont, Preston



Region II

Location: Lewis County High School
 Director: Richard Messenger, Lewis County
 Date: May 14, 2009
 Schools: Hampshire, Hedgesville, Martinsburg, Elkins, Musseleman, Jefferson, Robert C. Byrd, Buckhannon-Upshur, Bridgeport, Lewis County, Washington

Region III

Location: Laidley Field - Charleston
 Director: Carol Brown, AD, George Washington High School
 Date: May 14, 2009
 Schools: George Washington, South Charleston, Capital, Riverside, Nicholas County, Woodrow Wilson, Greenbrier East, Princeton, Logan

Region IV

Location: Cabell Midland High School
 Director: Jack DeFazio/Chris Parsons, Cabell Midland HS
 Date: May 14, 2009
 Schools: Nitro, St. Albans, Hurricane, Cabell Midland, Spring Valley, Huntington, Ripley, Parkersburg, Parkersburg South, Lincoln County, Winfield

AA

Region I

Location: Ritchie County High School
 Director: Steve Lewis, AD, Ritchie County HS
 Date: May 13, 2009
 Schools: Oak Glen, Weir, Magnolia, Tyler Consolidated, Ritchie County, Ravenswood, Roane County, Pt. Pleasant

Region II

Location: Preston County HS
 Director: Michael Contic/Bruce Huggins, AD's Preston High School
 Date: May 13, 2009
 Schools: Lincoln, Liberty (H), Grafton, Petersburg, Keyser, Berkeley Springs, Frankfort, Phillip Barbour, Braxton County

Region III

Location: Oak Hill High School
 Director: Richard Messenger/Tim Mullens, Oak Hill High School
 Date: May 13, 2009
 Schools: Oak Hill, PikeView, Bluefield, James Monroe, Summers County, Webster County, Greenbrier West, Liberty (R), Shady Spring, Independence, Mount View

Region IV

Location: Laidley Field
 Director: Carol Brown, AD, George Washington High School
 Date: May 13, 2009
 Schools: Sissonville, Poca, Herbert Hoover, Scott, Wayne, Sherman, Chapmanville, Tolsia

A

Region I

Location: John Marshall High School / Cameron HS
 Director: Chuck Duckworth, AD, John Marshall HS / Robert Koch, AD, Cameron HS
 Date: May 15, 2009
 Schools: Madonna, Wheeling Central, Bishop Donahue, Paden City, Valley (W), Clay-Battelle, Cameron, Doddridge County

Region II

Location: Lewis County High School
 Director: Richard Messenger, Lewis County HS
 Date: May 15, 2009
 Schools: Notre Dame, South Harrison, Tucker County, Union, Moorefield, East Hardy, Pendleton County, Tygarts Valley

Region III

Location: Laidley Field
 Director: Carol Brown, AD, George Washington HS
 Date: May 15, 2009
 Schools: Richwood, Valley (F), Midland Trail, Fayetteville, Pocahontas County, Mount Hope, Meadow Bridge, Williamson

Region IV

Location: Parkersburg High School
 Director: Jeff Givens, AD, Williamstown High School
 Date: May 15, 2009
 Schools: St. Marys, Wirt County, Williamstown, Gilmer County, Hannan, Buffalo (P), Charleston Catholic, Van

Order of Events:

High School One Session Meet

- | | |
|--------------------------|------------------------------|
| 1. 4 x 800 (M) Relay (G) | 7. 300 (M) LH 30" (G) |
| 4 x 800 (M) Relay (B) | 300 (M) IH 36" (B) |
| 2. 100 (M) HH 33" (G) | 8. 4 x 100 (M) Relay (G) |
| 110 (M) HH 39" (B) | 4 x 100 (M) Relay (B) |
| 3. 100 (M) Dash (G) | 9. 800 (M) Run (G) |
| 100 (M) Dash (B) | 800 (M) Run (B) |
| 4. 4 x 200 (M) Relay (G) | 10. 200 (M) Dash (G) |
| 4 x 200 (M) Relay (B) | 200 (M) Dash (B) |
| 5. 1600 (M) Run (G) | 11. 3200 (M) Run (G) |
| 1600 (M) Run (B) | 3200 (M) Run (B) |
| 6. 400 (M) Dash (G) | 12. Shuttle Hurdle Relay (G) |
| 400 (M) Dash (B) | Shuttle Hurdle Relay (B) |
| | 13. 4 x 400 (M) Relay (G) |
| | 4 x 400 (M) Relay (B) |

High School Two Session Meet

- | | | | |
|----------------------------------|---------------------------|-----------------------------------|--------------------------|
| First Session High School | | Second Session High School | |
| 1. 100 (M) HH 33" (G) Trials | 110 (M) HH 39" (B) Trials | 1. 4 x 800 (M) Relay (G) | 4 x 800 (M) Relay (B) |
| 2. 100 (M) Dash (G) Trials | 100 (M) Dash (B) Trials | 2. 100 (M) HH 33" (G) | 110 (M) HH 39" (B) |
| 3. 3200 (M) Run (G) Finals | 200 (M) Dash (B) Trials | 3. 100 (M) Dash (G) | 100 (M) Dash (B) |
| 4. 200 (M) Dash (G) Trials | 200 (M) Dash (B) Trials | 4. 4 x 200 (M) Relay (G) | 4 x 200 (M) Relay (B) |
| 5. 3200 (M) Run (B) Finals | 400 (M) Dash (G) Finals | 5. 1600 (M) Run (G) | 1600 (M) Run (B) |
| 6. 400 (M) Dash (B) Finals | 400 (M) Dash (B) Finals | 6. 300 (M) LH 30" (G) | 300 (M) IH 36" (B) |
| | | 7. 4 x 100 (M) Relay (G) | 4 x 100 (M) Relay (B) |
| | | 8. 800 (M) Run (G) | 800 (M) Run (B) |
| | | 9. 200 (M) Dash (G) | 200 (M) Dash (B) |
| | | 10. Shuttle Hurdle Relay (G) | Shuttle Hurdle Relay (B) |
| | | 11. 4 x 400 (M) Relay (G) | 4 x 400 (M) Relay (B) |

Field Events

- Pole Vault (B & G)
- High Jump (B & G)
- Long Jump (B & G)
- Shot Put (B & G)
- Discus (B & G)

B. STATE TOURNAMENT (Friday-Saturday of Week 46)

Qualifying standards for the State Meet in field events will use the following standards.

	BOYS		
	<u>AAA</u>	<u>AA</u>	<u>A</u>
Long Jump	20'	19'3"	19'3"
Pole Vault	11'6"	11'	11'
High Jump	6'2"	6'	6'
Shot Put	46'	44'	44'
Discus	132'	125'	125'
	GIRLS		
	<u>AAA</u>	<u>AA</u>	<u>A</u>
Long Jump	15'	15'	15'
Pole Vault	8'6"	8'	8'
High Jump	5'	4'10"	4'8"
Shot Put	32'	31'	31'
Discus	95'	90'	90'

1. If there is a scratch in the "hot heel" of the State Track Meet in any



timed final event, the referee is to reheat the race in order to fill the "hot heat" in the finals.

2. The top two finishers in each heat and the next four best times will be used to determine the qualifiers for the finals in the State Track Meet.
3. The 2008-2009 State Track and Field Meet will be at Laidley Field, Charleston, West Virginia, on Friday, May 22 and Saturday, May 23.
4. Officials volunteering to help at this meet who receive no compensation will have their registration fee for the following year waived.
5. **Price of admission: Adults - \$8.00 Students - \$7.00**
6. **Protests:** Protests that develop during the State Track Meet should be made at once and not later than thirty (30) minutes after the results of the protested event have been officially announced. Any such protests must be submitted in writing by the coach to the announcer's table. The protest will be submitted to the Referee who will render a decision.
7. **Award Presentations:** Awards in all final events will be presented to first place finishers thirty (30) minutes after the results of said event have been officially announced. Should the event have a protest filed, the award presentation will be postponed until the Referee has rendered a decision on the protest and said event results have been declared official. Places 2-6 may pick up their awards 30 minutes after results have been officially announced and no protest has been filed.
8. **Seeding Information**
For the State Meet, heat leaders and relay team leaders will be seeded on the basis of the regional times.
9. **All relays will be ran as timed finals.**
For seeding purposes, F.A.T. times will be utilized; hand-held times will be converted. The State Meet Director will be responsible for this conversion.
10. **Sponsorship and Rights:** The WVSSAC is the sponsoring organization for all state tournaments. The WVSSAC reserves all rights in regard to the management of these tournaments, the sale of any items at the tournament site, and any audio or visual reproductions of the events. Any sale, distribution or reproduction of clothing, souvenirs, pictures or other items without the expressed written consent of the WVSSAC is strictly prohibited. Pictures for media or school yearbooks are to be used for these purposes only.

Order of Events

Friday, May 22, 2:00 p.m. (Please note starting time of events)

Field Events - Session 1 - I

Time	Events	Participation	Class
2:00 p.m.	Discus	Girls	AAA Finals
	High Jump	Girls	AA Finals
	Long Jump	Boys	AAA Finals
	Pole Vault	Boys	AA Finals
	Shot Put	Boys	A Finals
2:15 p.m.	4 x 800 Meter Relay	Girls	A Finals
	4 x 800 Meter Relay	Girls	AA Finals
	4 x 800 Meter Relay	Boys	A Finals
	4 x 800 Meter Relay	Boys	AA Finals
3:00 p.m.	4 x 800 Meter Relay	Boys	AAA Finals
3:15 p.m.	4 x 800 Meter Relay	Boys	AAA Finals
3:30 p.m.	100 Meter High Hurdles	Girls	A Trials
	100 Meter High Hurdles	Girls	AA Trials
	100 Meter High Hurdles	Girls	AAA Trials
	110 Meter High Hurdles	Boys	A Trials
3:50 p.m.	110 Meter High Hurdles	Boys	AA Trials
	110 Meter High Hurdles	Boys	AAA Trials
	110 Meter High Hurdles	Boys	AAA Trials

Field Events - Session 2 - II

Time	Events	Participation	Class
4:00 p.m.	Discus	Boys	A Finals
	High Jump	Boys	AAA Finals
	Long Jump	Girls	AAA Finals
	Pole Vault	Girls	AA Finals
	Shot Put	Girls	A Finals

Time	Events	Participation	Class
4:10 p.m.	100 Meter Dash	Girls	A Trials
	100 Meter Dash	Girls	AA Trials
	100 Meter Dash	Girls	AAA Trials
4:20 p.m.	100 Meter Dash	Boys	A Trials
	100 Meter Dash	Boys	AA Trials
	100 Meter Dash	Boys	AAA Trials
4:45 p.m.	Shuttle Hurdle Relay	Girls	A Finals
	Shuttle Hurdle Relay	Girls	AA Finals
	Shuttle Hurdle Relay	Girls	AAA Finals
5:15 p.m.	Shuttle Hurdle Relay	Boys	A Finals
	Shuttle Hurdle Relay	Boys	AA Finals
	Shuttle Hurdle Relay	Boys	AAA Finals
5:45 p.m.	200 Meter Dash	Girls	A Trials
	200 Meter Dash	Girls	AA Trials
	200 Meter Dash	Girls	AAA Trials
Field Events - Session 3 - III			
6:00 p.m.	Shot Put	Boys	AA Finals
	Discus	Girls	A Finals
	High Jump	Girls	AAA Finals
	Long Jump	Boys	A Finals
	Pole Vault	Boys	AAA Finals
6:05 p.m.	200 Meter Dash	Boys	A Trials
	200 Meter Dash	Boys	AA Trials
6:25 p.m.	3200 Meter Run	Girls	A Finals
	3200 Meter Run	Girls	AA Finals
6:40 p.m.	3200 Meter Run	Girls	AAA Finals
6:55 p.m.	3200 Meter Run	Girls	AAA Finals
7:10 p.m.	3200 Meter Run	Boys	A Finals
7:25 p.m.	3200 Meter Run	Boys	AA Finals
7:40 p.m.	3200 Meter Run	Boys	AAA Finals

Saturday, May 23, 9:00 a.m.

Field Event - Session 4 - IV

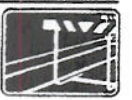
Time	Events	Participation	Class
9:00 a.m.	Shot Put	Girls	AA Finals
	Discus	Boys	AA Finals
	High Jump	Boys	A Finals
	Long Jump	Girls	A Finals
	Pole Vault	Girls	AAA Finals
10:00 a.m.	400 Meter Dash	Girls	A Finals
	400 Meter Dash	Girls	AA Finals
	400 Meter Dash	Girls	AAA Finals
10:15 a.m.	400 Meter Dash	Boys	A Finals
	400 Meter Dash	Boys	AA Finals
	400 Meter Dash	Boys	AAA Finals
	400 Meter Dash	Boys	AAA Finals
10:30 a.m.	1600 Meter Run	Girls	A Finals
10:40 a.m.	1600 Meter Run	Girls	AA Finals
10:50 a.m.	1600 Meter Run	Girls	AAA Finals
11:00 a.m.	1600 Meter Run	Boys	A Finals

Field Event - Session 5 - V

Time	Events	Participation	Class
11:00 a.m.	Discus	Girls	AA Finals
	High Jump	Girls	A Finals
	Long Jump	Boys	AA Finals
	Pole Vault	Boys	A Finals
	Shot Put	Boys	AAA Finals
11:10 a.m.	1600 Meter Run	Boys	AA Finals
11:20 a.m.	1600 Meter Run	Boys	AAA Finals
11:30 a.m.	300 Meter Low Hurdles	Girls	A Finals
	300 Meter Low Hurdles	Girls	AA Finals
	300 Meter Low Hurdles	Girls	AAA Finals
11:45 a.m.	300 Meter Inter. Hurdles	Boys	A Finals
	300 Meter Inter. Hurdles	Boys	AA Finals
	300 Meter Inter. Hurdles	Boys	AAA Finals

Field Event - Session 6 - VI

Time	Events	Participation	Class
1:00 p.m.	Shot Put	Girls	AAA Finals
	Discus	Boys	AAA Finals
	High Jump	Boys	AA Finals
	Long Jump	Girls	AA Finals
	Pole Vault	Girls	A Finals
1:00 p.m.	100 Meter High Hurdles	Girls	A Finals
	100 Meter High Hurdles	Girls	AA Finals
	100 Meter High Hurdles	Girls	AAA Finals
1:10 p.m.	110 Meter High Hurdles	Boys	A Finals
	110 Meter High Hurdles	Boys	AA Finals
	110 Meter High Hurdles	Boys	AAA Finals



1:25 p.m.	100 Meter Dash	Girls	A Finals
	100 Meter Dash	Girls	AA Finals
	100 Meter Dash	Girls	AAA Finals
1:30 p.m.	100 Meter Dash	Boys	A Finals
	100 Meter Dash	Boys	AA Finals
	100 Meter Dash	Boys	AAA Finals
1:40 p.m.	4 x 200 Meter Relay	Girls	A Finals
	4 x 200 Meter Relay	Girls	AA Finals
	4 x 200 Meter Relay	Girls	AAA Finals
2:00 p.m.	4 x 200 Meter Relay	Boys	A Finals
	4 x 200 Meter Relay	Boys	AA Finals
	4 x 200 Meter Relay	Boys	AAA Finals
2:20 p.m.	Special Awards		
2:30 p.m.	4 x 100 Meter Relay	Girls	A Finals
	4 x 100 Meter Relay	Girls	AA Finals
	4 x 100 Meter Relay	Girls	AAA Finals
2:45 p.m.	4 x 100 Meter Relay	Boys	A Finals
	4 x 100 Meter Relay	Boys	AA Finals
	4 x 100 Meter Relay	Boys	AAA Finals
3:00 p.m.	800 Meter Run	Girls	A Finals
3:05 p.m.	800 Meter Run	Girls	AA Finals
3:10 p.m.	800 Meter Run	Girls	AAA Finals
3:15 p.m.	800 Meter Run	Boys	A Finals
3:20 p.m.	800 Meter Run	Boys	AA Finals
3:25 p.m.	800 Meter Run	Boys	AAA Finals
3:30 p.m.	200 Meter Dash	Girls	A Finals
	200 Meter Dash	Girls	AA Finals
	200 Meter Dash	Girls	AAA Finals
3:35 p.m.	200 Meter Dash	Boys	A Finals
	200 Meter Dash	Boys	AA Finals
	200 Meter Dash	Boys	AAA Finals
3:45 p.m.	4 x 400 Meter Relay (2 Heats)	Girls	A Finals
4:00 p.m.	4 x 400 Meter Relay (2 Heats)	Girls	AA Finals
4:15 p.m.	4 x 400 Meter Relay (2 Heats)	Girls	AAA Finals
4:30 p.m.	4 x 400 Meter Relay (2 Heats)	Boys	A Finals
4:45 p.m.	4 x 400 Meter Relay (2 Heats)	Boys	AA Finals
5:00 p.m.	4 x 400 Meter Relay (2 Heats)	Boys	AAA Finals

*Field Events will be rotated annually.

*Pole Vault starting time is subject to change.

	WV State Track Meet Field Events Rotation					
	1	2	3	4	5	6
2009	I	I	III	IV	V	VI
2010	I	III	IV	V	VI	I
2011	III	IV	V	VI	I	II
2012	IV	V	VI	I	II	III
2013	V	VI	I	II	III	IV
2014	VI	I	II	III	IV	V

IV. MIDDLE / 9th GRADE TRACK PROGRAM

Refer to pages 75-76 of the National Federation's 2009 Track and Field Rules Book. This section deals with modifications for conducting junior high competition. The Track Committee has adopted certain changes in these modifications as related to order of events and measurements (weight, height or distance). See previously listed order of events. It is important that all schools follow these contents closely in order to gain a consistency from one track meet to another within our state.

A. Organization of meets:

1. Middle Schools may only compete with other middle schools. They may not compete against stand alone 9th grade teams.
 2. Middle/9th grade athletes, regardless of grade levels (6, 7, 8, or 9th), may compete in a maximum of four (4) events of which only three (3) may be running events including relays.
- B. Participation by an individual in two successive running events should be avoided.
- C. Practice may start Monday of Week 35. Individual members of a team must have practiced on fourteen (14) SEPARATE days,

exclusive of the day of a contest, before participating in an inter-scholastic contest.

- D. Physical Examination - Each student shall have a physical examination before competing with a school team.
- E. Uniforms and Jewelry Rule (National Federation Rule 4-3)
- F. Junior high teams are permitted 14 meets and only 2 meets per week.
- G. There shall be no State Championship at this level.
- H. Boys Shot Put (middle or junior high) - 4 kilograms
Girls Shot Put (middle or junior high) - 6 pound
- I. Hurdle Specifications

	Hurdle Height	# of Hurdles	Start to 1st Hurdle	Between Hurdles	Last Hurdle to Finish
65 m HH-B	36"	5	13.716 m	9.144 m	4.72 m
75 m LH-G	30"	7	13 m	8.5 m	11 m
200 m LH	30"	6	15 m	35 m	10 m
Shuttle Hurdles					
Boys - 65 m	30"	5	13.735 m	9.17 m	13.735 m
Girls - 60 m	30"	5	13.0 m	8.5	13.0 m

- J. The committee has adopted the following order of events for meets at the middle/junior high level.

Order of Events:

Middle/Junior High School One Session Meet

- | | |
|---------------------------|------------------------------|
| 1. 4 x 800 (M) Relay (G) | 7. 200 (M) Low Hurdles (G) |
| 4 x 800 (M) Relay (B) | 200 (M) Low Hurdles (B) |
| 2. 75 (M) Low Hurdles (G) | 8. 4 x 100 (M) Relay (G) |
| 65 (M) High Hurdles (B) | 4 x 100 (M) Relay (B) |
| 3. 100 (M) Dash (G) | 9. 800 (M) Run (G) |
| 100 (M) Dash (B) | 800 (M) Run (B) |
| 4. 4 x 200 (M) Relay (G) | 10. 200 (M) Dash (G) |
| 4 x 200 (M) Relay (B) | 200 (M) Dash (B) |
| 5. 1600 (M) Run (G) | 11. 3200 (M) Run (G) |
| 1600 (M) Run (B) | 3200 (M) Run (B) |
| 6. 400 (M) Dash (G) | 12. Shuttle Hurdle Relay (G) |
| 400 (M) Dash (B) | Shuttle Hurdle Relay (B) |
| | 13. 4 x 400 (M) Relay (G) |
| | 4 x 400 (M) Relay (B) |

Middle/Junior High School Two Session Meet

- | First Session MS/JHS | Second Session MS/JHS |
|----------------------------------|----------------------------------|
| 1. 75 (M) Low Hurdles (G) Trials | 1. 4 x 800 (M) Relay (G) |
| 65 (M) High Hurdles (B) Trials | 4 x 800 (M) Relay (B) |
| 2. 100 (M) Dahn (G) Trials | 2. 75 (M) Low Hurdles (G) Finals |
| 100 (M) Dash (B) Trials | 65 (M) High Hurdles (B) Finals |
| 3. 3200 (M) Run (G) Finals | 3. 100 (M) Dash (G) Finals |
| 4. 200 (M) Dash (G) Trials | 100 (M) Dash (B) Finals |
| 200 (M) Dash (B) Trials | 4. 4 x 200 (M) Relay (G) |
| 5. 3200 (M) Run (B) Finals | 4 x 200 (M) Relay (B) |
| 6. 400 (M) Dash (G) Finals | 5. 1600 (M) Run (G) |
| 400 (M) Dash (B) Finals | 1600 (M) Run (B) |
| | 6. 200 (M) Low Hurdles (G) |
| | 200 (M) Low Hurdles (B) |
| | 7. 4 x 100 (M) Relay (G) |
| | 4 x 100 (M) Relay (B) |
| | 8. 800 (M) Run (G) |
| | 800 (M) Run (B) |
| | 9. 200 (M) Dash (G) Finals |
| | 200 (M) Dash (B) Finals |
| | 10. Shuttle Hurdle Relay (G) |
| | Shuttle Hurdle Relay (B) |
| | 11. 4 x 400 (M) Relay (G) |
| | 4 x 400 (M) Relay (B) |

Field Events for Either Type of Meet
Pole Vault (B & G)
High Jump (B & G)
Long Jump (B & G)
Shot Put (B & G)
Discus (B & G)