



State Track Meet Packet

WVSSAC State Track Meet Information

Coaches Packets: Coaches Packets will be available from 3:00 PM-6:00 PM on the evening your class is allowed to compete and practice at the state meet as well from 8:00 AM-10:00 AM on the morning of each classes State Track Meet, provided you have submitted your room list online. **Only coaches may pick up the packets at the registration tables. The registration tables will be to the left of the ticket booth near the stadium entrance.** Athletes are not to come to the registration table area.

They will include:

1. Participant Certificates for athletes
2. Bib Numbers and safety pins
3. Roster for your use
4. Coaches Pass

Admission:

Athletes:

Admitted with their bib numbers provided in the Coaches Packet.

Coaches:

Coaches passes for the Girls' Head Coach and Asst. Coach and the Boys' Head Coach and Asst. Coach will be in your packets. WVSSAC C & I cards are not valid at state tournaments. If a school has additional assistant coaches **that are board approved**, then a request for an additional coach's pass must be made by an administrator from you school by no later than 1:00 PM, Monday, May 16, 2022. Email Mr. Wayne Ryan @ wayne.ryan@wvssac.org with the request and designate as a boys or girls assistant coach.

Manager:

Please email Mr. Wayne Ryan at wayne.ryan@wvssac.org with these requests. Specify girls or boys manager. Again deadline is: 1:00 PM, Monday, May 16th.

Awards:

Awards are presented to all six (6) place winners thirty (30) minutes after the results of said event have been announced. Should there be a protest in said event, the award presentation will be delayed.

Batons:

Provided by WVSSAC

Bib Numbers:

Numbers are included in your packet as well as a roster indicating to whom the numbers are assigned.

Blocks:

Provided by Laidley Field - Personal blocks are not permitted

Hip Numbers:

Will be provided in the bullpen for individual events and anchor legs of all relays.

Marking Materials:

Track: Tennis ball provided by Laidley Field
Tape – athletes must provide
High Jump: Two marks provided by athlete
Long Jump: Provided by Laidley Field
Pole Vault: Provided by Laidley Field

Practice: Practice is permitted at Laidley Field as listed on the enclosed State Track Meet schedule.

Protests: Protests must be made in writing within thirty (30) minutes after the results have been announced. Forms are available at the Finish Line Building.

Qualifiers: Trials – Top two (2) and next four (4) best times
Field Events – Top eight plus ties

Relay Cards: Provided in your packet. Complete and send to bull pen with your relay team.

Restricted Area:

1. Area inside the barrier of the track.
2. Area inside the ropes at shot and discus.
3. No coaches or support personnel are permitted in restricted area unless given permission by a referee.
4. Removal of any portion of team uniform except shoes in this area could result in a disqualification.

Bus Drivers: All bus drivers must purchase tickets. The decision as to whom pays for the ticket is up to the school.

School Photographer : Only one school photographer per school and the request must be emailed from the Principal by Monday, May 16th. Email to: heather.enoch@wvssac.org

Team Pages in Program: Must be submitted to WVSSAC office by noon the day after your regionals are completed to katelyn.enoch@wvssac.org

Team Tents: May not be put up until after 3:00 PM on the evening you are allowed to pick up your team packet – North Stand only – Tents of the teams participating each day must be taken down by 2:45 PM the final day.

Throwing Implements: Provided by WVSSAC

Uniforms: School issued or school approved – Remember any item worn may only have one logo and must meet the NFHS Rule of being less than 2 ¼ square inches.

Hotel Info:

An online fillable form should be completed and emailed to stephani.cox@wvssac.org by 1:00 PM on Monday, May 16. Please be specific with the name of the hotel, (i.e. Holiday Inn, Kanawha City, Civic Center or South Charleston). If you do not need rooms, complete the top of the form with the contact information and put NA for rooms.

Go to the WVSSAC website.

Click on:

Sports

Track

State Track Meet Rooming List

Complete Form

Email to: stephani.cox@wvssac.org

DEADLINE - MONDAY, MAY 16, 2022 at 1:00 PM

ONLINE COACHES PACKET

Rooming List: Complete online prior to 1:00pm on May 16th. Email to: stephani.cox@wvssac.org

Schedule: Order of Events as listed in **February 2022** Interscholastic

Scratch Sheet: Please copy from this packet and complete and return to table near office prior to the start of the meet. You need to submit even if you have no scratches. Simply write **NO SCRATCHES** on the form. **Due by 4:45 PM on day of meet.**

Sportsmanship Form: Please copy from this packet and complete and return to table near office prior to the start of the meet.

Pole Vault Certification Form: Must be given to PV Judge before you can compete.

2022 WVSSAC State Track Meet Schedule

Daily Schedule: May 18 & 19 Class AA May 19 & 20 AAA May 20 & 21 Class A

SESSION I

5:00 PM National Anthem

5:05 PM Girls Shot – Boys Discus - Girls High Jump – Boys Long Jump – Boys Pole Vault

6:00 PM 100M Trials – G

6:10 PM 100M Trials - B

6:20 PM 100M Hurdles Trials - G

6:30 PM 110M Hurdles Trials - B

6:40 PM 200M Trials – G

6:50 PM 200M Trials – B

7:00 PM –Awards

7:15 PM 3200M Finals - G

7:30 PM 3200M Finals – B

7:45 PM 400M Finals – G

7:55 PM 400M Finals – B

SESSION II

10:00 AM 300M Hurdle Finals – G

10:10 AM 300M Hurdle Finals – B

10:20 AM 1600M Run Final – G

10:30 AM 1600M Run Final – B

10:40 AM 4 X 200M Relay Finals – G

10:50 AM 4 X 200M Relay Finals – B

11:00 AM Boys Shot – Girls Discus - Boys High Jump – Girls Long Jump – Girls Pole Vault

11:00 AM – Lunch

SESSION III

12:00 PM – National Anthem

12:05 PM Graduation

12:20 PM 4 X 800M Relay - G

12:30 PM 4 X 800M Relay – B

12:40 PM 100M Finals – G

12:45 PM 100M Finals – B

12:50 PM 100M Hurdle Finals – G

12:55 PM 110M Hurdle Finals – B

1:05 PM 4 X 100M Relay – G

1:15 PM 4 X 100 M Relay – B

1:25 PM – Awards

1:40 PM 800M Final - G

1:50 PM 800M Final – B

2:00 PM 200M Final – G

2:10 PM 200M Final – B

2:20 PM Shuttle Hurdle Relay Finals – G

2:30 PM Shuttle Hurdle Relay Finals – B

2:40 PM 4 X 400M Relay – G

2:50 PM 4 X 400 M Relay – B

3:05 PM AWARDS

Practice Schedule

Class AA May 17 5:00 PM - 10:00 PM

May 18 from completion of last event - 10:00 PM

Class AAA May 18 from completion of last event - 10:00 PM

May 19 from completion of last event - 10:00 PM

Class A May 19 from completion of last event - 10:00 PM

May 20 from completion of last event - 10:00 PM

Registration and Packet Pick Up Schedule

Class AA May 18 3:00 PM – 6:00 PM May 19 8:00 - 10:00 AM

Class AAA May 19 3:00 PM – 6:00 PM May 20 8:00 - 10:00 AM

Class A May 20 3:00 PM – 6:00 PM May 21 8:00 - 10:00 AM

WV STATE HIGH SCHOOL TRACK MEET

DATE _____

SCRATCH SHEET

CLASS _____

BOYS _____

GIRLS _____

SCHOOL _____ **COACH'S SIGNATURE** _____

NAME

HEAT

LANE

100 m Dash _____

200 m Dash _____

400 m Dash _____

800 m Run _____

1600 m Run _____

3200 m Run _____

100 m HH _____

110 m HH _____

300 m Hurdles _____

Discus _____

High Jump _____

Long Jump _____

Pole Vault _____

Shot Put _____

RELAY NAME CHANGES

4 X 100 _____

4 X 200 _____

4 X 400 _____

4 X 800 _____

Shuttle Hurdle _____

West Virginia Secondary School Activities Commission

State Track Meet Sportsmanship and Equipment Form

The National Federation of State High School Associations and the West Virginia Secondary School Activities Commission expects that each member of every track team demonstrate good sportsmanship throughout the competition of this event. Acts meant to demean opposing competitors; teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated.

Rule 3-4-8 – a – Verification of Sportsmanship

We verify by signing below that we have discussed sportsmanship with all team members and that each member of our team will display good sportsmanship throughout the competition of the West Virginia State High School Track Meet

School _____ Boys Girls

Head Coach – Please Print _____ Date _____

Head Coaches Signature _____

Captain – Please Print _____

Captain's Signature _____

Rule 3- 4 - 8 – b –Verification of Equipment

I, _____, Head Track Coach (Boys) (Girls) of _____ High School verifies that all of my competitors are properly equipped (Uniforms and equipment) in compliance with NF and WVSSAC rules. Should I have a question regarding the legality of a piece of equipment, I will personally meet with the Referee prior to the start of the meet.

Coaches Signature _____ Date _____

Information State Track Meet

There will be only one bull pen per class for all running events. It is located along the back straight away.

There will not be 1st, 2nd and 3rd calls. Instead there will be a general announcement about upcoming events.

Therefore athletes will need to have some knowledge about the time their event is scheduled.

All athletes need to have their assigned bib number when reporting.

Relay teams (all four members) must report together and have their relay card.

Athletes will enter and exit through gate located on the north side of the stadium, located just up the track from the bull pen.

Please find the
2022 State Performance
List for each class on the
track page on Monday
morning after the
regional track meets.