

2022 4/25/22
VERDIGRIS VALLEY CONFERENCE
HIGH SCHOOL TRACK MEET

Location: Wagoner High School

Date: 4/25/22

Coaches Meeting: 3:15

Field Events: 3:30

Running Events: 3:45

ORDER OF EVENTS

| | |
|--------------------|--------------------------------------|
| 400 RELAY | HS Girls, HS Boys |
| 3200 RELAY | HS Girls, HS Boys |
| 100 HURDLES | HS Girls (33") |
| 110 HURDLES | HS Boys (39") |
| 3200 RUN | HS Boys |
| 800 RELAY | HS Girls, HS Boys |
| 800 RUN | HS Girls, HS Boys |
| 100 DASH | HS Girls, HS Boys |
| 3200 RUN | HS Girls |
| 400 DASH | HS Girls, HS Boys |
| 300 HURDLES | HS Girls (30"), HS Boys (36") |
| 200 DASH | HS Girls, HS Boys |
| 1600 RUN | HS Girls, HS Boys |
| 1600 RELAY | HS Girls, HS Boys |

FIELD EVENTS: Order and School Assignment: Equipment will be provided. The school listed 1st will work the field event for the 1st division listed.

| | | |
|-------------------|-------------------------|--------------------------|
| HIGH JUMP | Miami | HS Boys, HS Girls |
| LONG JUMP | Verdigris/FTG | HS Girls, HS Boys |
| POLE VAULT | Catoosa/Vinita | HS Girls, HS Boys |
| DISC #1 | Jay/Locust Grove | HS Boys, HS Girls |
| SHOT #1 | Oologah/Hilldale | HS Girls, HS Boys |

TIMER ASSIGNMENT:

Enduro will be timing.

Heat Bench & Press box will be taken care of by the host school. Wagoner in 2022

EXCHANGE ZONE JUDGES:

1ST Hilldale
2ND Wagoner
3RD Jay

APPEALS COMMITTEE

A member of each school will be on the appeals committee, minus the schools involved in the appeal.

Coaches: Please look and see what assignment that your school has been assigned. **You will need to provide the workers for each particular field event you are assigned.** In the High School division, during the shot, disc and Long Jump, you will be allowed three attempts and the top eight will go to the finals and receive three additional attempts. We will take a 30 minute lunch break at the conclusion of the 100 meter dash.