

S.O.L. NATIONAL TRACK AND FIELD CHAMPIONSHIPS
William Tennent High School
May 8-9, 2015

Friday Track Events			Saturday Track Events				
3:30	100m H Trial	G	10:00	300m IH Final	G		
3:45	110m HH Trial	B	10:15	300m IH Final	B		
4:00	100m Trial	G	10:30	100m Final	G		
4:15	100m Trial	B	10:40	100m Final	B		
4:30	4x800m	G	10:50	1600m Final	G		
4:50	4x800m	B	11:05	1600m Final	B		
5:05	200m Trial	G	11:20	4x100m Final	G		
5:20	200m Trial	B	11:35	4x100m Final	B		
Friday Field Events			Lunch Break				
	Weigh-ins from 1:30-3:15		12:45	400m Final	G		
3:30	High Jump	B	12:50	400m Final	B		
3:30	Long Jump	G	1:00	100m H Final	G		
3:30	Pole Vault	G	1:10	110m HH Final	B		
3:30	Shot Put	G	1:20	800m Final	G		
3:30	Javelin	B	1:35	800m Final	B		
			1:50	200m Final	G		
*	SCORING – In addition to dual meet points. Individual Events = 10-8-6-5-4-3-2-1 Relays = 10-8-6-5-4-3-2 Advancement: The winner of each trial heat and the next 5 fastest times will move to the event final. Weigh-in of implements will take place in the track shed, and weigh-in of vaulters in the pole vault area. Alternates in each event will move into the competition field after all scratches have taken place. Alternates should clerk in with the other competitors in the event. Time schedule is approximate. The morning and afternoon sessions will start on time, but the events will run one after the other. If we get ahead of the times, we will continue to run ahead. If inclement weather approaches, we will adjust the breaks and may begin earlier than the published times.		1:55	200m Final	B		
			2:00	3200m Final	G		
			2:20	3200m Final	B		
			2:35	4x400m Final	G		
			2:45	4x400m Final	B		
			Saturday Field Events				
					Weigh-ins from 8:00-9:10		
					9:30	Long Jump	B
					9:30	Shot Put	B
					9:30	Discus	G
			9:30	High Jump	G		
			9:30	Pole Vault	B		
			11:30	Triple Jump	G		
			11:30	Javelin	G		
			11:30	Discus	B		
			After Girls	Triple Jump	B		

Scoring =

Top eight places = 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
 Relays = 10 – 8 – 6 – 5 – 4 – 3 – 2

Medals to the top three places

Coaches – Please enter your top 2 athletes and any alternates in each event on PaTrackXc.com **by 12:01 AM on Wednesday, May 6** (that's one minute past midnight Tuesday night /Wednesday morning).

Remember, please that by NFHS rules an athlete may only be entered in up to four individual events plus two relays. By league rule, because we have an 8-lane track the maximum number of accepted athletes per event is 24, and each team is guaranteed two entries per event. Seed with FAT times (add .24 seconds to hand times for the conversion). Seeding meeting is Wednesday, May 6, at 6:30 in the second floor health room of William Tennent High School (same room as last year).