

**WAYNE-FINGER LAKES LEAGUE  
&  
LIVINGSTON COUNTY ATHLETIC ASSOCIATION**

**INDOOR TRACK & FIELD CHAMPIONSHIPS  
MEET INFORMATION**

- Date:** Friday, January 16, 2015
- Place:** RIT
- Time:** 5:00 pm
- Entries:** Each league will be allowed to accept the following number of entries.
- Top 16 entries in all running events except 600m(15)
  - Top 12 entries in all field events.
  - You must have a mark on the leaderboard to enter. Only one performance is needed to enter the championships.
- Entries will be made to [www.ventiming.com](http://www.ventiming.com) Entry deadline is 8:00 pm, Tuesday January 13, 2015. Meet program will be posted by Wednesday night.**
- Scoring:** Team Scoring: 10, 8, 6, 4, 2, 1
- Awards:** TBA
- Athlete Check-In:** Athletes in all running events must check in with the clerk prior to the start of their race. Athletes in field events should report to the site of their event for check in prior to the start of competition.
- Conduct of Meet:** All running events will be conducted as finals. If more than one section is necessary, they will be run against time. Sections, lanes and flights will be seeded according to entry times or distances. Sections will be run slow to fast. 3000m/3200m may be combined if numbers allow. A schedule of events is enclosed in this packet.
- Timing:** Finish Lynx timing will be utilized.
- Concessions:** Food and drink will be available to athletes and spectators at the concession stand.
- Admission:** \$4.00 for adults, \$3.00 for students.
- Meet Shirts:** Championship shirts will be for sale prior to the meet.

## **Order of Events:**

**W-FL followed by Livingston Co. in sections and flights. High Jump and Pole Vault will be combined.**

**G/ 3000M RUN**

**B/ 3200M RUN**

**G/ 1000M RUN**

**B/ 1000M RUN**

**G/ 1500M RACEWALK**

**G/ 600M RUN**

**B/ 600M RUN**

**G/ 55M DASH**

**B/ 55M DASH**

**G/ 1500M RUN**

**B/ 1600M RUN**

**G/ 300M DASH**

**B/ 300M DASH**

**G/ 55M HURDLES**

**B/ 55M HURDLES**

**G/ 4X800M RELAY**

**B/ 4X800M RELAY**

**G/ 4X400M RELAY**

**B/ 4X400M RELAY**

**G/ 4X200M RELAY**

**B/ 4X200M RELAY**

**Girls then Boys Long Jump**

**Boys then Girls Shot Put**

**Boys then Girls Pole Vault**

**Boys then Girls High Jump**

**Girls then Boys Triple Jump**

**Girls then Boys Weight Throw**