

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

**INDOOR TRACK & FIELD CHAMPIONSHIPS
MEET INFORMATION**

- Date:** Friday, January 26, 2018
- Place:** RIT
- Time:** 6:00 pm
- Entries:** Each league will be allowed to accept the following number of entries.
- Top 16 entries in all running events except 300m(18),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. This includes Relay events.
- Entries will be made to www.yentiming.com Entry deadline is 8:00 pm, Tuesday January 23, 2018. Meet program will be posted by Wednesday night.**
- Scoring:** Team Scoring: 10, 8, 6, 4, 2, 1
- Awards:** W-FL – Team Championship Trophies, 1st place medals, 2nd -6th place ribbons, MVP awards for both Track and Field athletes.
- LCAA -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.
- Admission:** \$4.00 for adults, \$3.00 for students.
- Meet Shirts:** Championship shirts will be sold at the meet.

Order of Events:

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

G/ 3000M RUN

B/ 3200M RUN

G/ 55M HURDLES

B/ 55M HURDLES

G/ 55M DASH

B/ 55M DASH

G/ 1000M RUN

B/ 1000M RUN

G/ 1500M RACEWALK

G/ 600M RUN

B/ 600M RUN

G/ 1500M RUN

B/ 1600M RUN

G/ 300M DASH

B/ 300M DASH

G/ 4X800M RELAY

B/ 4X800M RELAY

G/ 4X400M RELAY

B/ 4X400M RELAY

G/ 4X200M RELAY

B/ 4X200M RELAY

Boys then Girls Shot Put followed by

Boys then Girls Weight Throw

Girls then Boys Triple Jump followed by

Girls then Boys Long Jump

Boys then Girls High Jump

Girls then Boys Pole Vault