2019 Winnisquam Regional High School Invitational

Coaches Duties:
In order to run the meet efficiently we will need volunteers to run an event and work as relay judge. Please be ready to provide a helper if needed. Also you must leave your email with the scorekeepers in the track shed to receive the scored results.

Key Information:
1. The meet will begin at 9:00 AM. First call for hurdles will be at 9:00 AM. First call for field events will be at 8:45 AM.
2. An officials meeting will be held at 8:30 AM, followed by a coaches meeting.
3. Please bring up any issues regarding uniforms at the coaches meeting.
4. Spikes 1/8” or smaller are allowed on the track and jumping surfaces. Officials will be checking.
5. Final results and all individual results will be provided for you at the completion of the meet.
6. Please inform athletes, Coaches and Spectators to stay off the infield. Coaches are allowed inside the fence but not on the track. It is very muddy and wet still!!!
7. THERE IS NO FENCE HOPPING!!
8. WE DO NOT ALLOW TAPE ON THE TRACK OR ANY RUNWAYS!! We do have chalk available for you to use.
9. Bullpen locations: 100/110H, 100 at the starting line area, 200 near the high jump area on the North side of the track, all other events the big square area just after the finish line.

Order of Events -
4x800 Relay: Girls/Boys     Javelin: Boys/Girls
100HH: Girls/Boys         Discus: Girls/Boys
100M: Girls/Boys          Shot: Girls/Boys
1600M: Girls/Boys         High Jump: Boys/Girls
4x100M: Girls/Boys        Long Jump: Boys/Girls
400M: Girls/Boys          Triple Jump: Girls/Boys
300H: Girls/Boys          Pole Vault: Girls/Boys
800M: Girls/Boys
200M: Girls/Boys
3200M: Girls/Boys
4x400M: Girls/Boys

BUFFALO RELAY!!!! *Time permitting*

Meet Directors: Melisa Duffey and Peter Steese
Officials: Scott Davis and Ken Sciacca
Timing by Lancer Timing
Athletic Director: Brian Contorchick