

Saturday May 19<sup>th</sup>

9:00 am start

**Information on Running Events****Track Event Order**

Pentathlon Hurdles	B	
Pentathlon Hurdles	G	
3/2000 Steeple	B – G	
100 hurdles – trials	G	8 fastest times advance to the final
110 hurdles – trials	B	8 fastest times advance to the final
100 – trials	B – G	8 fastest times advance to the final
3200	B	Final on time
3000	G	Final on time
800	B – G	Final on time
110 hurdles – final	B	
100 hurdles – final	G	
100 – final	B – G	
400	B – G	Final on time
1600	B	Final on time
1500	G	Final on time
200 – trials	B – G	6 fastest times advance to the finals
400 Hurdles	B – G	Final on time
200 – final	B – G	
Race Walk	G	NON SCORING
4 x 800 relays	B – G	Final on time
4 x 100 relays	B – G	Final on time
4 x 400 relays	B – G	Final on time

- **All Finals on time will be run slowest to fastest**

**Open Scoring** – 10-8-6-4-2-1**Class Scoring** – 5-3-1**Class A** – 801 and greater– White Cards**Class B** –401 - 800 – Blue Cards**Class C** – 400 or less – Pink/Yellow Card

**Saturday May 19<sup>th</sup>**

**9:00 am start**

**Information on Field Events**

- Please note the field events will begin competition at 9:00 am
- Please allow your athletes sufficient time to warm up prior to competition beginning

**9:00 am start**

<b>Triple Jump</b>	Boys	
<b>Pole Vault</b>	Girls	
<b>High Jump</b>	Boys and Girls	we will use two high jump areas
<b>Discus</b>	Boys and Girls	we will use two discus circles

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**9:30 am start (approximately)**

<b>Shot Put</b>	Boys Pentathlon
<b>Long Jump</b>	Girls Pentathlon

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**12:00 am start (approximately)**

<b>Shot Put</b>	Boys and Girls	we will use two shot circles
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**Other start times – dependent on completion of a prior event**

<b>Triple Jump</b>	Girls	start after the pentathlon long jumps
<b>Long Jump</b>	Boys and Girls	start after the triple jump finals
<b>Pole Vault</b>	Boys	start after the girls’ pole vault

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HAMMER AND JAV FIT IN AS NEEDED – NON SCORING

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**The top 8 competitors will advance to the finals for three additional throws or jumps**

	<b>Opening Height</b>	<b>Progressions</b>
Girls HJ	4’ 3”	to 4’ 6”, up by 2” to 5’ 02”, then by 1”
Boys HJ	5’ 3”	to 5’ 6”, up by 2” to 6’ 2”, then by 1”
Girls PV	7’ 0”	up by 6” to 9’ 0”, then up by 3”
Boys PV	9’ 0”	to 10’ 00”, then up by 6”

**Westchester County Championships – Varsity Events**

**Byram Hills HS**

**Saturday May 19<sup>th</sup>**

**9:00 am start**

**Pentathlon Information**

**Pentathlon Order**

**Girls**

100 hurdles  
Long Jump  
Shot Put  
High Jump  
800

**Boys**

110 hurdles  
Shot Put  
Long Jump  
High Jump  
1500

59th ANNUAL WESTCHESTER TRACK AND FIELD CHAMPIONSHIPS  
 37th ANNUAL BLANFORD TRACK AND FIELD CHAMPIONSHIPS  
 MAY 16<sup>TH</sup> and 19<sup>TH</sup> 2012

JV Events <b>4:30 PM</b>	<b>Wednesday May 16th</b>	Hen Hud/New Ro
Varsity Events <b>9:00 AM</b>	<b>Saturday May 19th</b>	Byram Hills

**AN ATHLETE ENTERED IN AN INDIVIDUAL VARSITY EVENT MUST HAVE MET THE STANDARDS LISTED BELOW. SEEDS MUST BE VERIFIABLE PERFORMANCES. ALL OTHERS SHOULD COMPETE JV.**

STANDARDS FOR VARSITY COMPETITION

<i><b>EVENT</b></i>	<i><b>BOYS</b></i>	<i><b>GIRLS</b></i>	
100	12.0	13.5	
110/100 hurd.	17.5	18.5	
200	25.4	28.0	
400	54.5	66.0	
400 Hurdles	65.0	75.0	
800	2:10	2:35	
16/1500	4:50	5:30	
32/3000	11:00	12:00	
Steeple	11:30/7:15	8:00	
High Jump	5'3"	4'3"	VARSITY STARTING HTS. 5'3" 4'3"
Long Jump	17'	13'6"	
Triple Jump	37'	28'	
Shot Put	37'	27'	
Discus	100'	70'	
Pole Vault	9'	7'	VARSITY STARTING HTS. 9', 7'
Javelin	100'	70'	
Hammer	95'	65'	
1500m Walk	X	10:00	

REMEMBER: AN ATHLETE IS TO ONLY COMPETE VARSITY OR JV.

