Westchester County Championships – Varsity Events Byram Hills HS

Saturday May 19th 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

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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

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

9:30 am start (approximately)

Shot Put	Boys Pentathlon
Long Jump	Girls Pentathlon

12:00 am start (approximately)

Shot Put	Boys and Girls	we will use two shot circles

Other start times – dependent on completion of a prior event

Triple Jump	Girls	start after the pentathlon long jumps
Long Jump	Boys and Girls	start after the triple jump finals
Pole Vault	Boys	start after the girls' pole vault

HAMMER AND JAV FIT IN AS NEEDED – NON SCORING

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

	Opening Height	**Progressions**
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"

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Saturday May 19th **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 16TH and 19TH 2012

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

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

EVENT	***BOYS***	***GIRLS***	
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.

Westchester County
Track and Field Championships
May 16th and 19th, 2012

ENTRY FORM

School _____
Phone _____

Address _____

_____

Boys Coach _____ Cell # _____

Girls Coach _____ Cell # _____

ENTRY FEES:

Blanket fee for your school:	$375
OR	
Fee for a Girls OR a Boys Team:	$225
OR	
Fee per individual athlete:	$ 25

TOTAL $ _____

Make check payable to: WRDTFCA

Mail check to: Dan Doherty
12 Sunrise Lane
Pearl River, NY 10965