



DATE: MONDAY, JUNE 2, 2025 @ 4:30PM (AFTER SECTIONALS & BEFORE STATE QUALS)

MEET DIRECTORS: BOYS - TODD HOBIN, THOBIN@WESTCANADA.ORG (315) 525-9535
GIRLS – FEDDIE SARUS, FSARUS@WESTCANADA.ORG (315) 292-0220
COACHES MUST EMAIL MEET DIRECTORS OF THEIR INTENT TO PARTICIPATE BY MAY 1, 2025

LOCATION: WEST CANADA VALLEY HIGH SCHOOL
5447 STATE ROUTE 28
NEWPORT, NY 13416
PHONE: 315-845-6800 FAX: 315-845-8652
WEBSITE: WWW.WESTCANADA.ORG

TIME SCHEDULE: 3:30PM ARRIVAL OF TEAMS - PICK UP SCRATCH SHEETS (LEONE TIMING @ FINISH LINE)
ATHLETES MUST WARM UP AND GET MARKS AT THIS TIME SO WE CAN BEGIN PROMPTLY
4:15PM COACHES' MEETING
4:30PM MEET BEGINS

ENTRY FEE(S) \$250 PER SCHOOL OR \$150 FOR A SINGLE TEAM (BOY OR GIRL)
\$50 PER RELAY TEAM OR \$25 PER INDIVIDUAL (5 MAX PER GENDER)

MAKE CHECKS PAYABLE TO: WCV ATHLETIC ASSOCIATION
PLEASE SEND CHECKS TO
TINA STERNBERG
WEST CANADA VALLEY CSD
5447 STATE ROUTE 28
NEWPORT, NY 13416

ENTRIES: ALL ENTRIES MUST BE DONE ONLINE AT [HTTP://NY.MILESPLIT.COM/](http://NY.MILESPLIT.COM/)
DUE BY 9:00PM SUNDAY, JUNE 1
2 ENTRIES PER SCHOOL FOR EACH EVENT INCLUDING RELAYS
ATHLETES MAY COMPETE IN A MAXIMUM OF 4 EVENTS

FULLY AUTOMATIC TIMING: LEONE TIMING & RESULTS SERVICES WILL PROVIDE LIVE RESULTS ONLINE AT
[HTTPS://WWW.LEONETIMING.COM/RESULTS/](https://WWW.LEONETIMING.COM/RESULTS/)

CONCESSIONS: WCV ATHLETIC ASSOCIATION WILL PROVIDE FOOD, BEVERAGES, SNACKS, AND SHIRTS FOR PURCHASE (CASH ONLY).

AWARDS: 1ST PLACE TEAM PLAQUES FOR BOYS & GIRLS WINNERS, 1ST PLACE PLAQUE FOR CO-ED WINNER
T-SHIRTS FOR 1ST, 2ND, 3RD PLACES
KEYCHAIN TAGS FOR 1ST PLACE INDIVIDUAL & RELAY TEAM WINNERS
RIBBONS FOR PLACES 1-6
SCORING WILL BE 1-6: 10-8-6-4-2-1, AGGREGATE SCORE WILL BE USED FOR SCHOOL CHAMPION

ORDER OF EVENTS

RUNNING EVENTS: Boys followed by Girls

<u>TRACK</u>				<u>RECOMMENDED STANDARDS</u>
1.	BOYS	4 x 800 Relay	Final	9:30
2.	GIRLS	4 x 800 Relay	Final	11:30
3.	BOYS	110HH	Final	19.5
4.	GIRLS	100HH	Final	19.5
5.	BOYS	100M	Final	12.5
6.	GIRLS	100M	Final	13.7
7.	BOYS	1600M	Final	5:30
8.	GIRLS	1500M	Final	5:45
9.	BOYS	4 x 100 Relay	Final	48.0
10.	GIRLS	4 x 100 Relay	Final	55.0
11.	BOYS	400M	Final	58.0
12.	GIRLS	400M	Final	68.0
13.	BOYS	400IH	Final	70.0
14.	GIRLS	400LH	Final	80.0
15.	BOYS	800M	Final	2:25
16.	GIRLS	800M	Final	2:45
17.	BOYS	200M	Final	25.0
18.	GIRLS	200M	Final	29.0
19.	BOYS	3000M STEEPLE	Final	12:00
20.	GIRLS	2000M STEEPLE	Final	9:30
21.	BOYS	4 x 400 Relay	Final	4:00
22.	GIRLS	4 x 400 Relay	Final	4:45

FIELD EVENTS

HIGH JUMP – 2 PITS, STARTING HEIGHTS: BOYS 4-8 GIRLS 4-2

BOYS UP BY 2" UNTIL 6'0" AND THEN BY 1" UNTIL LAST COMPETITOR

GIRLS UP BY 2" UNTIL 5'0" AND THEN BY 1" UNTIL LAST COMPETITOR

POLE VAULT – STARTING HEIGHTS: BOYS 8-0 GIRLS 6-6

BOYS UP BY 6" UNTIL 13'0" THEN BY 3" UNTIL LAST COMPETITOR

GIRLS UP BY 6" UNTIL 10'0" THEN 10'3", 10'7", 10'10", 11'0", 11'7", 12'0"

LONG JUMP/TRIPLE JUMP – 2 PITS (4 JUMPS NO FINALS)

BOARDS – LJ 4', 8', 12' TJ 20', 24', 28', 32', 36'

SHOT PUT – 4 THROWS NO FINALS

DISCUS – 4 THROWS NO FINALS

RECOMMENDED STANDARDS FOR FIELD EVENTS

LONG JUMP: BOYS – 16'6" GIRLS – 13'6"

TRIPLE JUMP: BOYS – 33'0" GIRLS – 29'0"

SHOT PUT: BOYS – 33'0" GIRLS – 27'0"

DISCUS: BOYS – 95'0" GIRLS – 75'0"