

Lehigh Valley Interscholastic Athletic Conference 2010

Track and Field
League Meet Event Comments

Long Jump/Triple Jump

2 Flights: 9-1, 18-10 Top 9 advance (9-1)

Shot Put/Discus/Javelin

2 Flights: 9-1, 18-10 Top 9 advance (9-1)

100M/110M Hurdles/100M Dash/200M Dash

3 Heats of 8: Top 2 places and next best 2 times advance to finals

800M Run/1600M Run

2 Heats: 24-13, 12-1, Boxed Alley Start – odd numbers (outside) & even numbers on inside. (Same configuration as in District XI Meet)

3200M Run

1 Heat: Boxed Alley Start – 1-24, odd numbers (outside)/even numbers (inside)
Hip numbers must be worn by all participants

Pole Vault/High Jump

1 Flight: 18-1

300M Hurdles/400M Dash

3 Heats: 24-17, 16-9, 8-1 Seeded slowest to fastest against time

4x800M Relay

1 Heat: Boxed Alley Start – 1,3,5,7,9,11 (outside), 2,4,6,8,10,12 (inside)

4x100M Relay/4x400M Relay

2 Heats: 12-9, 8-1 Seeded slowest to fastest against time
4x400 Relay will be a 3 turn staggered configuration

- All events will be scored through 8 places. (10,8,6,5,4,3,2,1)
- Events will be seeded by best Marks – each school is NOT guaranteed a participant
- See Session Events Sheets for order and time of each event
- The trial winners will be seeded 1,2,3 and placed in lanes 4,5,3
- The trial runner-ups will be seeded 4,5,6, and placed in lanes 6, 2,7
- The 2 next best times in the 3 heats will be seeded 7 & 8, placed in lanes 1,8