

All Laidley Field and WVSSAC rules will be in effect, including the size of the spikes ($\frac{1}{4}$ inch).

Seating – All teams must be in the North Stands. The South Stands (press box side) will be for spectators only.

Time Schedule – The meet will progress as events are finished. Each athlete should follow the progression and be ready for his/her event. The order of events will follow the “Two Session” format listed in the WVSSAC Interscholastic.

Scratches – You may email your scratches/substitutions to Marshall Cavender by 12:00 p.m. on Friday, April 24, 2026 or bring them to Laidley before 9:00 a.m. meet day.

Track Equipment – Throwing implements will not be provided. You may use your own Starting Blocks.

Running Info – The 4x400 relays will be on a three- turn stagger. The 800, 1600, 3200, and 4x800 relay will be on a one turn stagger.

Pole Vault – Coaches are required to process the form. Submit a copy to the Athletic Director and give a copy to the event judge. No Exceptions.

Restricted Areas – No coaches or support personnel are permitted inside these areas without the permission of a Referee.

If you have any question, please feel free to contact me at (304) 348-6500 ext.139 or 348-1932. At home (304) 415-0924 (cell) in the evening.

Have a Great Season,

Willie Ruffin, Jr.

8:00 a.m. – 9:00 a.m. **substitutions for scratches**

8:45 a.m. Coaches Meeting (if needed)

FIELD EVENTS

9:15 a.m. Girls – Shot Put and High Jump

Boys – Discus, Long Jump, and Pole Vault

10:30 a.m. or after completion of the above field events

Girls – Discus, Long Jump, and Pole Vault

Boys – Shot Put and High Jump

ALL RACES ARE GIRLS THEN BOYS

WE WILL BE USING A RUNNING SCHEDULE

SESSION I

10:00 a.m.

Girls 100m HH 33”	TRIALS
Boys 110m HH 39”	TRIALS
Girls 100m Dash	TRIALS
Boys 100m Dash	TRIALS
Girls 3200m Run	FINALS
Girls 200m Dash	TRIALS
Boys 200m Dash	TRIALS
Boys 3200m Run	FINALS
Girls 400m	FINALS
Boys 400m	FINALS

ONE HOUR BREAK-----ONE HOUR BREAK-----ONE HOUR BREAK

SESSION II

1:00 p.m.

Girls/Boys	4x800m Relay	FINALS
Girls/Boys	100m HH 33” /110m HH 39”	FINALS
Girls/Boys	100m Dash	FINALS
Girls/Boys	4x200m Relay	FINALS
Girls/Boys	1600m Run	FINALS
Girls/Boys	300m LH 30” / 300m IH 36”	FINALS
Girls/Boys	4x100m Relay	FINALS
Girls/Boys	800m Run	FINALS
Girls/Boys	200m Dash	FINALS
Girls/Boys	Shuttle Hurdle Relay	FINALS
Girls/Boys	4x400m Relay	FINALS

*4:05 p.m. PRESENTATION OF AWARDS