

# Eastern Pennsylvania Conference 2017

Track and Field  
League Meet Event Comments

## **Long Jump/Triple Jump**

3 Flights: 24, 17, 16-9, 8-1 Top 9 advance (9-1)

## **Shot Put/Discus/Javelin**

3 Flights: 24, 17, 16-9, 8-1 Top 9 advance (9-1)

## **100M/110M Hurdles/100M Dash/**

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

## **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 (Same configuration as in District XI Meet)

## **3200M Run**

1 Heat: Boxed Alley Start – 1-24, odd numbers (outside)/even numbers (inside)

## **Pole Vault/High Jump**

1 Flight: 18-1 5 alive

## **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, 13, 15 (out), 2, 4, 6, 8, 10, 12, 14, 16 (in)

## **4x100M Relay/4x400M Relay**

2 Heats: 16-9, 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