

WIAA Track & Field Championships

Section #8

Wisconsin Lutheran Regional

Monday, May 24, 2010

1. Directions: Wisconsin Lutheran High School
330 N. Glenview Avenue
Milwaukee, WI 53213

I-94: Exit at 84th Street (State Fair/Pettit National Ice Center Exit)
....go north on 84th Street .5 miles to the school which is on
the east side of the street. (84th and Glenview Ave are the
same road).
2. Time Schedule

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| Facility Open | 2: 30pm |
| Coaches Meeting | 3: 15pm |
| Pole Vault Begins | 3: 30pm |
| Other Field Events | 3: 45pm |
| 3200 Relay... | 4: 30pm |
3. Review: Please review the Track & Field Tournament Procedures
listed on pages 52-63 of the WIAA Spring Season Regulations
Booklet.
4. Officials:

| | | |
|----------------------------|---|-----------------|
| Meet Referee/Field Referee | - | Mr. Jay Preston |
| Starter | - | Mr. Robert Kern |
| Starter | - | Mr. Jim Brand |
5. Entries:
1 Relay Team per event
28 individual entries
3 per individual event
Individual limit-4 per meet, no more than three running or
three field events.
6. Entry Forms: Due by 11:59pm on Thursday May 20th.
All entries will be done online through PT Timing.
All heat sheets will also be posted by PT Timing.

Coaches will not be allowed to make substitutions unless an athlete is injured, ill or has been disciplined by their school. In the event an athlete is inadvertently left out of the entries by the coach, refer to the language in the Tournament Series Information (posted on the WIAA School Center) and contact the WIAA.

7. Teams: Mukwonago, Muskego, Pius XI, Racine Case, Racine Horlick, Racine Park, Union Grove, Whitnall, Wisconsin Lutheran
8. Scoring: 8 places (10-8-6-5-4-3-2-1)
9. Advancement: The top 4 finishers in each event from the Regional move on to the Sectional – Thursday at Mukwonago High School.
10. Ties: There can be no ties in any event relating to qualifiers at the Regional Meet.

In the event the tie is in a running event, there must be a run-off between the tied competitors. Ties in field events must be broken by using the procedure stipulated in the official rule book to break first place ties.

The best achievement will be recorded and used for extra qualifying with a jump-off/run-off is conducted.

11. Awards: WIAA Team Plaque to the Boys and Girls Champions

12. Admissions:

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|-------------|--------|
| Adult: | \$4.00 |
| K-12th: | \$3.00 |
| Pre-School: | \$1.00 |

School Administrator & AD and spouses admitted free of charge. 3 coaches spouses also free of charge.
Please supply a list by Friday at 3:00pm.

13. Rain Date: Tuesday, May 25th, 2010 (Same Time Schedule)

14. Jury of Appeals:

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|--------------------|-----------------------|
| Robert Kern - | Assistant Starter |
| Jim Brand - | Assistant Starter |
| Jeff Sitz - | Meet Director |
| <i>Racine Park</i> | Boys Coach (thanks!) |
| <i>Muskego</i> | Girls Coach (thanks!) |

15. Restricted Areas: The infield will be a restricted area during the meet, as will the start and finish areas.

16. Opening Heights: Will be determined by the meet management according to the WIAA format.

17. Field Events: The Long and Triple Jumps will be open pit for the preliminaries. (55 minutes)

Discus is thrown on the track infield.

18. Equipment: Shots and Discus will be weighed and measured at the storage garage in the Stadium.

Moye blocks are permissible, but not provided.
19. Trainer Mr. Duane Mueller, an athletic trainer from the Sports Medicine Center of Froedtert Hospital, will be on hand.
20. Facility: Seal Flex, 8 lane track. Discus is thrown inside the oval. Long and triple jump and pole vault runways are east of the track. High Jump located on the south end and the shot put is located on the north end of the track. Spectator seating on the west side of the track or in designated bleachers. 1/4" exposed spikes.
21. Results Results will be available to the coaches approximately 10 minutes after completion of the final event. We will distribute the results to coaches in the stadium bleachers.
22. Questions Please contact Jeff Sitz, director of Athletics at WLHS, 414-453-4567, ext. 2007. Cell is 414.429.8866

Please refer to the Regional and Sectional Track and Field Information booklet that available to all coaches on line from the WIAA for more detailed information regarding the operation of the meet.

Order of Events

Field Events

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| 3: 30pm | Pole Vault | Boys, followed by Girls |
| 3: 45pm | Discus Shot Put High Jump Triple Jump | Boys, followed by Girls Girls, followed by Boys Boys (UCS pit) and Girls (Pacer pit) together <u>West Runways</u> - Open Pit Trials Finals-Reverse Order Boys 3: 45-4: 40pm Finals at 4: 50pm Girls 5: 50-6: 45pm Finals at 6: 55pm |
| | Long Jump | <u>East Runways</u> - Open Pit Trials Finals-Reverse Order Girls 3: 45-4: 40pm Finals at 4: 50pm Boys 5: 50-6: 45pm Finals at 6: 55pm |

Running Events

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| 4: 30pm | Girls 4 x 800 Relay Boys 4 x 800 Relay Girls 100 Dash Trials Boys 100 Dash Trials Girls 100 HH Trials Boys 110 HH Trials Girls 200 Dash Trials Boys 200 Dash Trials | Clerk South Clerk South Clerk North Clerk North Clerk North Clerk North Clerk South Pole Vault Pad Clerk South Pole Vault Pad |
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15 Minute Break, followed by opening ceremony

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| Girls 100 HH Finals Boys 110 HH Finals Girls 100 Dash Finals Boys 100 Dash Finals Girls 1600 Final Boys 1600 Final Girls 4 x 200 Relay Boys 4 x 200 Relay Girls 400 Final Boys 400 Final Girls 4 x 100 Relay Boys 4 x 100 Relay Girls 300 LH Finals Boys 300 IH Finals Girls 800 Finals Boys 800 Finals Girls 200 Finals Boys 200 Finals Girls 3200 Finals Boys 3200 Finals Girls 4 x 400 Relay Boys 4 x 400 Relay | Clerk North Clerk North Clerk North Clerk North Clerk South Clerk South Clerk South Clerk South Clerk South Clerk South Clerk South Clerk South Clerk Southeast Clerk Southeast Clerk South Clerk South Clerk South Pole Vault Pad Clerk South Pole Vault Pad Clerk South Clerk South Clerk South |
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