



Peter Rempe

Cardinal Relays

Track and Field

Saturday March 25, 2017

Hosted By: Waukesha South

DIRECT ALL COMMUNICATIONS TO:

Eric Lehmann – Head Coach/ Meet Director

262 501 0216

lehmann@waukesha.k12.wi.us

All Meet Entries will be made at the

www.pttiming.com website

Entries due at 12 Noon on Thursday March 23rd

Waukesha South - Peter Rempe Cardinal Relays Pre Meet Information

- 7:45** Fieldhouse Opens **9:00** Triple Jump
9:30 Other Field Events PV, LJ, SP, HJ **10:00** Running Events
- Teams Competing** Arrowhead, Burlington, Badger-Lake Geneva, Brookfield Central, DSHA, Franklin, Milwaukee Marshall, Mukwonago, South Milwaukee, Waukesha South, Waukesha West, Waukesha North, Wisconsin Lutheran
- Entries:** One Relay per school. Field Events 3 entrants per event. 60 dash **3** entrants, 60 Hurdles 3 entrants, 1 mile run 3 entrants.

Triple Jump and Long Jump with be 3 attempts, per athlete.

Athletes are limited to Four events: any 2 and 2 or 3 and 1 combination.

Entries are due Thursday at Noon. the www.pttiming.com website.

Changes can be made at the Coaches Meeting, in ANY EVENT. Scratch and Replace – No Reseeding

To insure fair seeding: Include a SEED TIME for ALL RUNNING EVENTS !!!!

I understand this is an early meet of the year for most teams. If you could PLEASE include different seed time to insure fair races... WE WILL NOT RESEED ANY RACES..

***** ***Incomplete relay teams can be entered but will not be scored in composite events...***

-This includes the POLE VAULT and TRIPLE JUMP Teams must have the required number of participants in order to be eligible for scoring or awards. **Rules Clarification:** All Athletes, in a relay, must finish a race, or establish a legal mark to be eligible for team points or awards. Incomplete relay teams WILL NOT be scored. **We will NOT break a tie, we will split the points, and flip for awards, if needed.**

- Individual Awards**

1st Place	Medals for each member of the relay team.
2nd Place	Medal for each member of the relay team.
3rd Place	Medal for each member of the relay team.
- Indoor Track**

10 Laps to a mile. All distances are yards. Chem-turf Synthetic Surface, <u>NO SPIKES ALLOWED.</u> The high jump approach is on a wood floor.
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- Exchange Zones**

An exchange zone, of approximately 25 yards, is used for all races. Sliding exchanges are used and NO EXCEL ZONES. Runners must start in the zone and receive the baton in the zone. Markings outside the zone are allowed.
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- Shot Put:**

Shot Puts will be pooled and available for all athletes.

- High Jump and Pole Vault Markings**

Please check in at the scorers table about how to put marks on the Wood Floor.
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- Team Camps**

Teams will be asked to camp and STORE BAGS, EQUIPMENT, ETC in the Cafeteria... Athletes are welcome to watch and cheer when not participating, but we ask that teams keep equipment outside the FIELDHOUSE. Please make sure that athletes keep all their bags and equipment in the bleachers and not on the TRACK
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12. **Admission** SDW Athletic Admission Prices: \$5.00 for adults. \$3.00 for High School Students

PLEASE SHARE WITH PARENTS and SPECTATORS – Parents will be allowed to sit on the Fieldhouse floor, this year.

14. **Concession Stand:** Concession Stand will be provided by the Waukesha South All Sports Booster Club.

15. **Warm-ups** Outdoor Track If weather permits - South of the school will be opened.
Indoor North hallway will be open.

16. **Results** Complete results will be posted on the www.pttiming.com.

Results will be sent to the **Waukesha Freeman, and Milwaukee Journal/Sentinel**. Names of the members of winning relay teams will be reported. The meet results will also be shared with the various state and regional honor rolls.

Cardinal Relays is typically held on the 3rd Saturday of the (Wisconsin) season.

INDIVIDUAL EVENTS

“Composite” Times/Distances will determine places.

- Long Jump (3)
- Triple Jump (3)
- Shot Put (3)
- High Jump (3)
- Pole Vault (3)
- 60 Dash (3)
- 60 Hurdles (3)
- Mile Run (3)

TEAM RELAY EVENTS:

- 6 Lap Relay
- Distance Medley
(440, 880, 880, Mile)
- 4 Lap Relay
- 2 Mile Relay
- Sprint Medley
(1.5 Laps, 1 Lap , 1 Lap, 2.5 Laps)
- Mile Relay

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Order of Events and Time Schedule

Time Schedule

7:45 am	Fieldhouse Opens
9:00 am	<i>Triple Jump Competition Begins</i>
9:10 am	Coaches Meeting (<u>Please Be on Time</u>)
9:30 am	<i>High Jump and Pole Vault Shot Put begin.</i>
5:30 pm	Running Events Begin

Approx. Times

10:00 am (firm)	3 mile composite relay
10:30 am (firm)	60 yd High Hurdles
10:50 am	60 yd Dash
11:10 am	6 Lap Relay
11:30	Distance Medley
12:00 noon	4 Lap Relay
12:20 pm	2 Mile Relay
12:40 pm	Sprint Medley Relay
1:00 pm	Mile Relay

RUNNING TRACK

10 Laps to a Mile each lap is 166 yards.



