

**Waupaca Quadrangular
Freedom, Medford, Wrightstown, Waupaca
Tuesday, April 17th**

This year we will be using Prime Time Timing (www.pttiming.com) for entries, timing, and results. The entry window will be open until **noon on Sunday, April 15th**, and once your entries are in, you can edit them anytime until the deadline. Be sure to have your entries in on time because "teams that fail to meet the deadline will be charged a late fee of \$50, which must be paid prior to the start of the meet in order for their entries to be accepted."

Prime Time will seed the meet, as well as post heat/flight sheets, entry lists and results online as soon as they are available. Results will also be sent to local media.

Waupaca has an eight-lane rubberized 400 meter track. One-quarter pyramid spikes will be allowed on the track and runways. The surface for the shot put and discus circles are concrete.

For Tuesday's quadrangular, there will be unlimited entries in individual events and you can run multiple relays. Individual events will place to 5th (6-4-3-2-1) and relays will place to 3rd (6-4-2). For a quadrangular, there are 2 varsity entries in each individual event and 1 varsity relay in each relay event. **Please enter a seed time for every athlete.** Prime Time Timing will seed running events so that the varsity heat has the top 2 competitors from each school.

All athletes will have 4 attempts in long jump, triple jump, shot put, and discus. All athletes will have 3 attempts per height in high jump and pole vault.

Field events will begin at 4:15 and the 3200 meter Relay will start at 4:30. In field events, girls will high jump and shot put first; boys will pole vault and throw disc first; and it will be open pit for long jump and triple jump. Girls and Boys pole vault may be combined. The 3200 meter Relay and 3200 meter Run will be run together.

There will be a short coaches meeting at 3:45 either in the press box or below the bleachers.

We need your help to spread the word that there is to be no gum, sunflower seeds, or any food on the track or on the football/soccer field at any time. Food particles can and will ruin our new facilities. So if you can please let your athletes know that they have to spit out their gum before entering the track that would be greatly appreciated. Thank you for your help.

If you have any questions, please feel free to email or give me a call.

Thanks,

Neil Sternweis
Waupaca Track
Waupaca High School
(715) 258-4131 ext 2149
nsternweis@waupacaschools.org