



Whitefish Bay High School  
1200 East Fairmount Ave  
Whitefish Bay, WI 53217



To: Athletic Directors and Boys and Girls Track Coaches of Whitefish Bay, Franklin, and Shorewood High Schools  
From: Jeff Worzella, Activities Director  
Date: 3/7/2019  
Re: Indoor Varsity/JV Tri Co-ed Track Meet on **Friday, March 15, 2019**

We are pleased to host an indoor track meet involving your teams on Friday March 15, 2019 beginning at 4:30 PM in our Field House. In the information below, please note there will be 3 Varsity entries and 6 JV entries. All athletes will be timed and scored.

Meet information:

1. Whitefish Bay has a Mondo/rubber surface, which is 160 meters around. Athletes may NOT wear any type of spike. Blocks will be provided.

2. **Entries for will be done online via [www.pttiming.com](http://www.pttiming.com). Look under Upcoming Events for this meet. Entries will open on Monday, March 11. **The deadline for entries is noon on Wednesday, March 13.****

3. Scratches with replacements may be done at the Coaches' meeting. There will be no reseeding. Heats may be combined due to scratches. *Coaches' meeting at 4:00 in the Team Room at the east end of the Fieldhouse.*
4. Teams are permitted 3 Varsity entries and 6 JV entries in each individual event. Teams are permitted 1 Varsity relay team and 1 JV relay team in each relay event. An athlete may compete in a maximum of four events and not enter more than three track or three field events as indicated by WIAA rules.
5. Finals only.....no preliminary races.
6. Locker rooms are not available. Please have your athletes come dressed to compete.
7. **Admission is \$4.** There are no awards for this meet.
8. The shot put will be conducted by the open ring method. Each athlete will be given 4 throws.
9. The high jump starting height and format will be determined at the coach's meeting.
10. The long jump will be conducted by the open pit method. Each jumper will be given 4 jumps.
11. The pole vault opening height and format will be determined at the coaches meeting.

Order of events: JV Girls, Varsity Girls, JV Boys and then Varsity Boys.

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|---------------------------|---------------------|
| 1. 55 Meter High Hurdles  | 5. 400 Meter Dash   |
| 2. 55 Meter Dash          | 6. 800 Meter Run    |
| 3. 1600 Meter Run         | 7. 200 Meter Dash   |
| 4. 4 Lap(640 Meter) Relay | 8. 1600 Meter Relay |

**THERE WILL BE NO 3200 METER RELAY OR 3200 METER RUN**

Order of field events:

High Jump: All girls will go first. Upon completion, boys will begin.  
JV and then Varsity

Long Jump: All boys will go first. Upon completion, girls will begin.  
JV and the Varsity

Pole Vault: All boys will go first. Upon completion, girls will begin.  
JV and Varsity combined

Shot Put: All girls will go first. Upon completion, boys will begin.  
Varsity and then JV

If there are any questions, contact Jeff Worzella at (414)963-3972.