



## INDOOR MEET - SHEBOYGAN SOUTH

Participants: Beloit Memorial, Neenah (Girls Only), Reedsville, Ronald Reagan , Sheboygan Falls, Sheboygan South, St. Augustine Prep, Xavier

Schedule: Tuesday, March 19th  
4:00 pm – Coaches meet at start/finish line  
4:30 pm – Field Events Start  
5:00 pm -- Running Events

Entries:

1. Entries need to be submitted online at [pttiming.com](http://pttiming.com)
  - The deadline for the entries is 11:59 AM on Sunday, March 17th.
  - Relays will be the 4x800, 4x160, 4x240, and 4x400
2. Athletes are limited to participating in a maximum of 4 events as per WIAA rules.
3. Two athletes per event - One relay team per school

Scoring: 6 places: Individual Events: 10-8-6-4-2-1 Relays: 10-8-6-4-2-1

Accommodations:

- The athletic trainer will be provided by Aurora. They will be stationed in the field house by the start/finish line and scorers table.
- **Camps should be set up in the commons - please keep the athletes bags etc out of the bleachers.** Coaches remind athletes to clean camp area before leaving.
- The Field house has a 160M track with 6 lanes on the straight and 4 lanes around. Pole vault and High Jump will be held on the infield while the long and triple jump pit is located on the outside of the track. Shot Put will compete in the Schumann Gym

Coaches Meeting:

- Meet by the start/finish line and scoring table at 4:00 PM for any scratches in event entries. Scratch and replace only! ***No separate scratch meeting will be held.***
- Starting heights for the Pole Vault and High Jump will be determined at the meeting.
- Please make scratches/replacements to field event sheets as well
- Timing will be FAT by PT Timing

During Event Regulation:

- Please keep athletes and coaches from crowding the start/finish line, and they follow the officials rules for check-in and needing to get down in the infield
- Remind athletes to be aware of the high jump, long/triple jump, and pole vault while moving throughout the gym.
- Please note that it is the expectation that coaches enforce this rule with their individual teams/athletes to assist with a smoothly run meet.

Field Event Notes:

1. Have your athletes report directly to their event and report to the event official.
2. Shot Put – Girls First - Will be held in the Schumann Gym - 4 attempts - no finals
4. Long Jump and Triple Jump will be Cafeteria Style. 4 attempts – no finals
5. Pole Vault – Starting Height TBD – Girls First
  - a. ***A reminder to all coaches to bring your pole vault weight verification sheets***
6. High Jump – Starting Height TBD – Boys First

Running Event Notes:

- All Events are finals
- 400M Dash will be run in alleys

Surfaces: **No spikes** may be worn on any surfaces indoors  
Throwing events will be in the Schumann Gym

Admission: Adults \$2  
Students \$1

Concessions: Concessions will be available throughout the meet in the commons

Results: Results are posted on PT timing and [www.athletic.net](http://www.athletic.net) after the meet.

Questions: Direct any track meet questions to **Lauren Braaksma** (girls head coach) at [lbraaksma@sasd.net](mailto:lbraaksma@sasd.net) or **Kevin Herber** (boys head coach) at [kherber@sasd.net](mailto:kherber@sasd.net)

**Order of Events:**

4:00 Coaches Meeting

**4:30 All Field Events**

**5:00 All Running Events**

3200m Relay

55m HH Finals

55m Dash

1600m Run

960m (6 lap) Relay

400m Dash

640m (4 lap) Relay

800m Run

200m Dash

3200m Run

1600m Relay