

INDOOR BAY PORT CO-ED TRIANGULAR TRACK & FIELD MEET

DATE: Tuesday, March 19, 2019

SCHOOLS: De Pere, Green Bay West, Bay Port

ENTRIES:

- Entries on-line at www.pttiming.com. Entries due: **Noon on Sunday, March 17, 2019**
 - **\$50.00 late entry charge for PT Timing to re-open entries**
- Unlimited entries for individual & relay, EXCEPTIONS: only 10 entries per gender/per school in the 200 dash, all entries treated as varsity; WIAA participation limits apply.

SCORING: Only top 3 individual & 1 relay team per school will be scored. Follow WIAA scoring.

MEET INFORMATION:

- 4-lane (42" wide) 160-meter track with an all hardwood surface, 6 lane straightaway
- No plastic bottom or spike shoes are allowed on the surface.
- Starting blocks will be provided
- Shots will be provided. **NO OTHER SHOTS ALLOWED.** Shots are only allowed in designated area with supervision.
- Clear shoes after each long/triple jump to eliminate sand on track lanes for safety of runners.
- Remove any/all tape placed on track by athletes immediately upon completion of their respective event.
- Set up team camps outside the field house in locker room hallway.
- Locker rooms will NOT be available during the meet. Please come dressed to compete.
- Concessions will be available during the meet.
- Medical services provided by Bellin Health



TIMELINE:

Submit scratch sheet to scorer's table upon arrival

3:30 Coaches meeting (scorer's table)

4:00 Field Events

- Long Jump – 3 attempts, starting first, pit closes at 4:00 pm – 5:30 pm, you can piggy back 1st and 2nd jump
- Triple Jump – 3 attempts, starting at 6:00pm, you can piggy back 1st and 2nd jump
- High Jump – girls first at starting height 3'8", boys follow w/ starting height 4'8"
- Shot Put – boys first, 4 attempts and girls follow (strongest flight first for safety reasons)
- Pole vault – 3 attempts per height (boys first and then girls follow upon completion of boys)
 - boys starting heights: 7'0", 8'0", 9'0", then up by 6" increments until completion
 - girls starting heights: 5'6", 6'6", 7'0", then up by 6" increments until completion..

4:30 All running events begin. (Girls first; boys to follow in each event)

4 x 800 relay - Girls first, start on blue alley lines/first runner cuts @ cut line on first lap – 5 laps per runner)

55 High Hurdles - heats in lanes all the way – girls marks are yellow & boys-blue

55 Dash - heats in lanes all the way

1600M Run –10 laps – waterfall start, fastest section last, each runner needs a lap counter

6-Lap Relay - (4x1 ½) lane start , first runner stays in lane for 1 lap, 1-1/2 laps per runner

400M Dash - start on blue alley lines, cut in at cut line on first lap, 2 ½ laps - 6 runners per heat

4-Lap Relay - 1 lap each – lane start, second runner cuts in after first exchange

200 Intermediate Hurdles - entire race in lanes, red line lane start, 5 hurdles – 300M spacing

800M Run - 5 laps – waterfall start, fastest section last

200M Dash - entire race in lanes, red line lane start

1600M Relay - start on blue alley lines, cut in at cut line on first lap, 2 ½ laps - 6 teams per heat

Victor Murphy, Girls Track Coach
email: victmurp@hssdschools.org

Andy Nuthals, Boys Track Coach
email: andruth@hssdschools.org

Thanks and good luck to all!!

