

# 2019 Chuck Walek Invitational Track and Field Meet

**Date:** Thursday, May 16<sup>th</sup>, 2019

**Site:** Whitehall High School

**Participating Schools:** Alma/Pepin, Arcadia, Augusta, Blair-Taylor, Cochrane- Fountain City, Eleva-Strum, Flambeau, Gale-Ettrick-Trempealeau, Independence/Gilmanton, La Crosse Logan, Lincoln, Melrose-Mindoro, Osseo-Fairchild, Whitehall

**Facility:** Track: 8 lane (9 lane straightaway) all weather surface  
Long, Triple, High Jump, and Pole Vault are all weather surfaces  
Shot and Discus are concrete

**Entries:** Entries will be done on [www.pttiming.com](http://www.pttiming.com)

**Individual Entries:** Maximum of 28 individual entries with no more than 3 per event.  
Relay Entries: One relay team per event  
Entries will close at 12:00 Noon on Tuesday, May 14<sup>th</sup>.  
Reminder that PT Timing will assess a fee for late entries.

**Rules:** WIAA format (4 event maximum, no more than 3 running or 3 field)

**Equipment:** Blocks will be provided. Be sure your athletes use spikes no longer than  $\frac{1}{4}$  inch. You must bring your own batons. Runway and exchange zone marks should be made with chalk.

**Lanes:** Lane 4 will be seeded with the fastest time with lanes 5-3-6-2-7-1-8-9 with the next fastest times.

**Awards:** Trophies to boys and girls champions and runner-ups. Medals for first through third place and ribbons for fourth through eighth place. MVP track and MVP field trophies for both boys and girls.

**Concessions:** Concessions will be provided by the Whitehall Booster Club.

**Admission:** Admission will be charged for the event.  
Adults: \$4.00                      Students: \$1.00  
Programs will be available for \$1.00.

**Throws:** Each competitor will get four throws with no finals

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**Long and Triple Jump:** Each jumper will get four jumps with no finals

**Running Prelims:** We will run preliminaries in 100 Meter Dash, 100/110 high hurdles. Moving to the finals will be heat winner plus the next fastest times until all lanes are filled.

**Officials:** Dave Durni, Karl Bisek, Ralph Mann

**General:** We ask teams set up “camps” between the high school building and the track. We would appreciate if schools would help by cleaning up their camp area at the conclusion of the meet.

## Contacts:

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WHS Athletic  
Director  
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Phone (715)538-4364 Ext: 147

<b>Time Schedule:</b>	Coaches Meeting	4:00
	Field events:	4:15
	Running events:	4:30

**Starting Heights:** High Jump and pole vault starting heights will be determined after entries are submitted.

**Restricted Areas:** No spectators, coaches, or noncompeting athletes will be allowed on the infield, clerk of course area, or flagged off competition areas. Only competing athletes/meet personnel are allowed in those areas

**Athletic Trainer:** Gunderson-Lutheran will provide an athletic trainer for the event.

**Entry Fee:** \$170.00

**Entry deadline is 12:00 noon on Tuesday, May 14<sup>th</sup>**

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## ORDER OF EVENTS

**3:55** National Anthem

**4:00** Coaches' Meeting

**4:15** Boy's discus followed by girls  
Girl's shot put followed by boys  
Boys and girls long jump (cafeteria style) 4 jumps (4:15-7:00)  
Boys and girls triple jump (cafeteria style) 4 jumps (4:15-7:00)  
Boys and girls high jump (two pits)  
Boys and girls pole vault (two pits)

**4:30** Running Events  
3200 meter relay (girls followed by boys)  
100 meter high hurdle trials (girls)  
110 meter high hurdles (boys)  
100 meter dash trials (girls followed by boys)

### 10 minute Break

**Running Finals:** 100/110 meter high hurdle finals  
100 meter dash finals  
1600 meter run finals  
800 meter relay  
finals 400 meter dash  
finals 400 meter  
relay finals  
300 meter low/intermediate hurdle finals  
800 meter run finals  
200 meter dash finals  
3200 meter run finals  
1600 meter relay  
finals

### Awards presentation