

# WIAA REGIONAL TRACK & FIELD MEET 2019

*Monday, May 20, 2019*

<b>PARTICIPANTS:</b>	Appleton East, Appleton North, Appleton West, Hortonville, Kaukauna, Kimberly, Menasha, West De Pere
<b>OFFICIALS:</b>	(Meet Referee)Robert Krueger, (Starter)Mike Shefchik, (Starter)David Kierstead
<b>MEET MANAGER:</b>	Roger Wendler Kimberly High School Info below is to the Athletic director Office Phone # 920-423-4160 E-mail: <a href="mailto:rmcginnis@kimberly.k12.wi.us">rmcginnis@kimberly.k12.wi.us</a> Fax: 920-687-3029
<b>COACHES MEETING:</b>	Coaches meeting will be held @ 2:45 in small JRG gym located near the north east end of the parking lot across from the track
<b>TICKETS:</b>	Tickets will be sold at the door Adults = \$4.00 Students = \$4.00  All coaches, athletes and managers are admitted free
<b>ENTRIES:</b>	Schools will be allowed entries as per WIAA Regional Format  Each school may enter a maximum of: One entry in each relay event 28 individual entries for boys and girls There is a maximum limit of 3 in any individual event A school not using all eligible entries may not fill those after Fridays 8:00 am deadline The number of entries per event cannot change after Fridays deadline An athlete may enter a maximum of 4 events, but no more than 3 running or 3 field events



	<p>Kimberly has a rubberized 400 meter track with 8 lanes in the straight away and 8 in the curves</p> <p>No locker rooms available</p> <p>Please Note: Nobody will be allowed on the infield during the finals at the Regional Meet at Papermaker Stadium except for warm ups on 1<sup>st</sup> call. In order to enter for those warm-ups, the athlete will need to have hip number and communicate their event to the gate security person. Portable structures will be allowed if in-climate weather is during the event (PV and HJ area only). We will define the coaching boxes for HJ, PV, LJ and TJ collectively (as coaches) and stick to that the entire night.</p> <p>Tape ONLY for exchange zone marking, No Chalk</p> <p>1/4 pyramid spikes will be allowed on the track and runways</p> <p>Shot Put and Discus is located on the East side of the track a ways behind the visitor stands, please make sure all persons stay behind the roped off areas for their safety</p> <p>Pole Vault is located in the south end of the facility inside the track, only coaches are allowed inside the track and located in the coaches box</p> <p>Long &amp; Triple Jump is located behind the visitor stands please stay behind the rope off area</p> <p>High Jump is located at the north end of the facility inside of the track only coaches allowed inside of track in coaches box</p>
<p><b>AWARDS:</b></p> <p><b>PRIME TIME TIMING:</b></p>	<p>Awards to be given: - Team Regional Championship Plaques will be awarded</p> <p>PT Timing will seed the meet, post heat/flight sheets, entry lists and results on line as soon as they are available</p> <p>The entry window will be open from Friday, May 10<sup>th</sup> @ 8:00 am until Friday, May 17<sup>th</sup> @ 8:00 am</p>
<p><b>TRAINER:</b></p>	<p>A certified Athletic Trainer will be present and located near the finish line throughout the entire day</p>
<p><b>CONCESSIONS:</b></p>	<p>Concessions will be available at the stadium throughout the day</p>

	There is a water fountain by the restrooms.
<b>RUNNING EVENTS:</b>	<p>Running events will start @ 4:15 pm</p> <p>All runners in open events will be assigned a hip number and only anchor runners in relays will be assigned hip numbers</p> <p>Qualifying from trials to finals will be the winner in each heat plus the next fastest time from any heat until all 8 lanes are filled</p> <p>Sections will be conducted in the remaining running events based on the “best times” with the slowest runners in the first section and fastest in the last section</p>
<b>FIELD EVENTS:</b>	<p>Field events will start @ 3:30</p> <p>Top 9 will advance to finals in Shot Put, Discus, Long Jump &amp; Triple Jump</p> <p>Shot Put and Discus will be competed in order determined by season best performances sent in by the coaches. They will be conducted in flights with the Top 9 advancing to the finals (after three trials). There will be a 10 minute break between preliminary throws and finals. 1-1-1 will be used for competition</p> <p>Long Jump and Triple Jump will be competed in an open pit format with the Top 9 advancing to the finals (after three trials). 1-1-1 will be used for finals in reverse order of the top 9.</p> <p>High Jump and Pole Vault will use the “Five Alive” continuing flight procedure. Starting heights will be determined by the meet manager prior to the meet by counting down using the performance of the eighth best athlete then subtracting two increments (4” high jump and 1’ pole vault).</p> <p>High Jump starting height must be of an even numbered inch. The bar will be raised in 2” increments until there are only 6 competitors remaining at which time the bar will be raised in 1” increments.</p> <p>Pole Vault starting height must be at a 6” or 12” increment. The bar will be raised in 6” increments until there are only 6 competitors remaining at which time the bar will be in 3” increments.</p>

	<p>Please e-mail or fax a copy of the weight certification form to the Above AD at Kimberly High School <b><i>before coming to the meet.</i></b> Monday, May 13 is the new segment date, and any forms dated prior to that would be disallowed. Contact info is listed above in meet manager section.</p> <p>The schedule for the field events open pit is as follows:</p> <p><b>3:30 - 4:45</b> - Prelims for: Girl's Long Jump and Boy's Triple Jump</p> <p><b>4:45 - 5:00</b> - Warm-ups for Finals of: Girl's Long Jump and Boy's Triple Jump</p> <p><b>5:00 - 5:45</b> - Finals for: Girl's Long Jump and Boy's Triple Jump</p> <p><b>5:45 - 6:00</b> - Warm-ups for Prelims of: Boy's Long Jump and Girl's Triple Jump</p> <p><b>6:00 - 7:15</b> - Prelims for: Boy's Long Jump and Girl's Triple Jump</p> <p><b>7:15 - 7:30</b> - Warm-ups for Finals of: Boy's Long Jump and Girl's Triple Jump</p> <p><b>7:30 - 8:15</b> - Finals for: Boy's Long Jump and Girl's Triple Jump</p>
<b>TIME LIMIT:</b>	Competitors excused to compete in another event have a maximum of 15 minutes from when their name is called to compete.
<b>SCORING:</b>	Team scoring will consist of eight places for all events (10-8-6-5-4-3-2-1)
<b>BULLPEN:</b>	All competitors should report to the bullpen on SECOND call.
<b>MISC:</b>	<p>The bullpen will be located at the North end of the track near the starting line (northwest corner of the track)</p> <p>Ties in any event relating to qualifiers must be broken</p> <p>Stereo/tape decks are not allowed; ipods with ear buds are allowed</p>
<b>TENTS:</b>	Team tents can be set up on the grass outside of the gate on the east side of the stadium that is located near the Visitor stands
<b>RESTRICTED AREAS:</b>	<p>Non-participating athletes and spectators will not be allowed inside of the fence surrounding the track</p> <p>Athletes will not be allowed to linger on the Turf inside of the track</p>

<b>COACHING BOX:</b>	Coaching boxes will be marked at all field events with orange cones and marked signs.
<b>EXCHANGE ZONES:</b>	Kimberly High School will provide workers to monitor the exchange zones Tape ONLY for markings on the track for exchange zones
<b>WEIGH INS:</b>	No implements can be used for practice or during the event that are not weighed and marked legal. Illegal implements will be impounded until after field events are complete.
<b>MEDIA:</b>	Results will be faxed to the WIAA, Post Crescent (920-733-1945) and the Green Bay Press Gazette (920-431-8379)  If you need the results faxed anywhere else, please provide the number
<b>JURY OF APPEALS:</b>	The Jury of Appeals will consist of: Starters- Mike Shefchik and David Kierstead Meet Manager: Roger Wendler Boys Coach: Appleton East Girls Coach: Menasha Alt: if conflict will be West De Pere Boys and Girls coaches
<b>PARKING:</b>	Buses will park in the adjacent parking lot back by the tennis courts. Only use the south parking lot next to the track do not park in front of school or in the teacher's parking lot north of the school. If bad weather does prevent completion, athletes and spectators will be asked to go into the Middle school cafeteria, across the parking lot
<b>WHEELCHAIR ATHLETES:</b>	Please inform Kimberly at least 24 hours prior to the meet if you will have a wheelchair participant.

*WIAA 2019 REGIONAL TRACK AND FIELD MEET  
Time Schedule*

2:4 5	Coaches meeting in JRG school small gym end door will be open for access Weigh-ins for implements next to concession stand until 3:45
3:1 5	End of field event warm-ups
3:3 0	Field Events Start Boy's Pole Vault Boys Triple Jump Boy's Discus Girl's High Jump Girls Long Jump Girl's Shot Put <b>*These Events will be contested first, followed by the other gender when the event is completed.</b>

4:1

Running Events Start

5

3200 Meter Relay (Girls)

3200 Meter Relay (Boys)

100 Meter Dash Trials (Girls)

100 Meter Dash Trials (Boys)

100 Meter High Hurdles Trials (Girls)

110 Meter High Hurdles Trials (Boys)

200 Meter Dash Trials (Girls)

200 Meter Dash Trials (Boys)

**\*15 Minute Break**

100 Meter High Hurdle Finals (Girls)

110 Meter High Hurdles Finals (Boys)

100 Meter Dash Finals (Girls)

100 Meter Dash Finals (Boys)

1600 Meter Run (Girls)

1600 Meter Run (Boys)

800 Meter Relay (Girls)

800 Meter Relay (Boys)

400 Meter Dash (Girls)

400 Meter Dash (Boys)

400 Meter Relay (Girls)

400 Meter Relay (Boys)

300 Meter Low Hurdles (Girls)

300 Meter Intermediate Hurdles (Boys)

800 Meter Run (Girls)

800 Meter Run (Boys)

200 Meter Dash Finals (Girls)

200 Meter Dash Finals (Boys)

3200 Meter Run (Girls)

3200 Meter Run (Boys)

1600 Meter Relay (Girls)

1600 Meter Relay (Boys)