



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



TO: Athletic Directors and Head Boys' & Girls Track Coaches:

FROM: Jeff Worzella, Whitefish Bay Activities Director

RE: **NSC JV Conference Championships 5/16/19**

Time Schedule: Stadium opens at 3:15 p.m. Coaches meeting will be at 3:30 p.m.
Field events begin at 4:00 p.m. and running events at 4:30 p.m.

Entries: Each school is allowed a maximum of 3 individuals per event. In each relay event, 1 relay team per school is allowed. Individual athletes may compete in a **MAXIMUM of 4 EVENTS** - no more than 3 Running or 3 Field Events. Scoring will be 10-8-6-5-4-3-2-1. Please be mindful of the conference rule regarding participation in the Varsity and JV meets.

All entries must be received by **11:00 p.m. on Tuesday, May 14th** to be considered for seeding. All entries are to be completed on line though P.T. Timing (pttiming.com). Changes can be made at the coaches meeting - scratch and replace only. **NO ADDITIONS.**

Only ¼" SPIKES are allowed. The Shot and Discus circles are on concrete.

Long jump and triple jump: Girls will jump on the north pit, Boys will jump on the south pit.

High Jump: Girls will Jump First: Boys Second with 15 minute warm up between them.

Pole Vault: Boys will Vault First: Girls Second with 30 minute warm up between them. The starting heights will be determined at the coaches meeting.

Shot Put: Girls Throw First: Each athlete will receive three throws, no finals. Boys second with 15 minute warm up between them.

Discus: Boys Throw First: Each athlete will receive three throws, no finals. Girls second with 15 minute warm up between them.

Long Jump: Girls Jump First (4:00-5:00 open pit): Athletes will get 3 jumps and no finals. Boys trials will start 15 minutes after the completion of the Boys Triple Jump and be open pit for one hour.

Triple Jump: Boys Jump First (4:00-5:00 open pit): Athletes will get 3 jumps and no finals. Girls will start 15 minutes after the completion of the Girls Long Jump and be open pit for one hour.

Meet Manager: Jeff Worzella- jeff.worzella@wfbschools.com – 414.963.3972

Officials: Joseph Culliney, William Haury, Stephen Ward

Locker Rooms: Locker rooms will not be available – please dress appropriately.

Trainer: Melissa Monroe- a certified athletic trainer will be available throughout the meet.

Concessions: Available at the track starting at 5:30 PM.

ORDER OF EVENTS

3:30 Coaches Meeting – Team Room (Located in the Field House in Northeast corner)

4:00 Field Events

4:30 Running Events Begin - Girls run first in all events.

3200 Meter Relay
110/100 Meter Hurdle Finals
100 Meter Dash Finals
1600 Meter Run
800 Meter Relay
400 Meter Dash
400 Meter Relay
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay