

Waupaca High School is proud to host the 38th annual

Waupaca County Meet
Saturday, April 23rd, 2016
Waupaca High School Track

Prime Time Timing (www.pttiming.com) will be used for entries, timing, and results. The entry window will be open from **noon on April 14th through noon on Thursday, April 21st** and once your entries are in, you can edit them anytime until the deadline. Participating schools are Clintonville, Iola-Scandinavia, Manawa, Marion, New London, Waupaca, and Weyauwega-Fremont.

Teams that fail to meet the deadline will be charged a late fee of \$50, which must be paid prior to the start of the meet in order for their entries to be accepted.

Prime Time will seed the meet, as well as post heat/flight sheets, entry lists, and results online as soon as they are available. Results will also be sent to local media.

Scratch / replacements will be allowed the day of the meet. Individuals involved in substitutions will not be reseeded, but will assume the same section, heat, lane, and/or flight assignment of the original entry.

Facilities: Waupaca has an eight-lane rubberized 400 meter track. One-quarter pyramid spikes will be allowed on the track and runways. The surface for the shot put and discus circles are concrete. Starting blocks will be provided.

Entries: Schools will be allowed entries as per the WIAA Regional format.

Each school may enter a maximum of:

1. One entry in each relay event.
2. 28 individual entries for boys and girls.
3. There is a maximum limit of three in any individual event.
4. A school not using all eligible entries may not fill those after Thursday's deadline.
5. The number of entries per event can **not** change after Thursday's deadline.
6. An athlete may enter a maximum of four events, but no more than three running or three field events.

For Relays

1. Schools must enter individual names and a seed time.
2. A maximum of six runners may be listed.
3. Being listed as a relay team member counts as one of the four allowed events whether or not the athlete participates.
4. Coaches have until the Clerk of Course checks in teams to determine which runners will compete.
5. Relay seed times should consist of actual running times of the athletes that you think will be running. Coaches should estimate if necessary.

Running Events: All runners in open events will be assigned a hip number. Only anchor runners in relays will be assigned a hip number. Qualifying from trials to finals will be the winner in each heat plus the next fastest times from any heat until all eight lanes are filled. 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.

Field Events: Preliminaries will be conducted in the Long Jump, Triple Jump, Shot Put, and Discus. Each competitor will receive three trials. The best nine will qualify for Finals. The finalists will receive three additional trials with the winning distance coming from either the preliminaries or the finals.

In the long jump and triple jump, preliminaries will be one hour and will be done “open pit”. Finalists will be announced as soon as possible. Finals will begin at 10:45 and will be done in rounds (1,1,1). A strict 15 minute time limit for checking out will be enforced. The other jumping event will begin 20 minutes after the finals for both events are completed.

Shot put and discus will be conducted in flights. The better throwers will be in the last flights. Finalists will be announced as soon as possible after the conclusion of the last flight. The preliminaries and finals will be done in rounds (1,1,1). A strict 15 minute time limit for checking out will be enforced. The other throwing event will begin 15 minutes after the finals for both events are completed.

Weigh in for implements will be by the concession stand.

The starting height for the Pole Vault and High Jump shall be determined by using the eighth best height and then subtracting two increments.

Scoring: Team scoring will consist of eight places (10-8-6-5-4-3-2-1) for individual events and six places for relays (10-8-6-4-2-1).

Coaches Meeting: Will be held under the pressbox at 9:00. Coaches should also report to the pressbox following the conclusion of the meet to nominate and select meet MVP's.

Awards: Trophies and awards will be announced as soon as the results are finalized. Awards for this meet include: first place team trophies, a combined champion trophy, male and female MVP trophies, and medals for first, second, and third place winners in all events.

Admission: Adults = \$4.00 Students = \$2.00

All coaches, managers, and athletes in uniform are admitted free. Be sure to have your hand stamped by the official upon entering the main gate.

Supervision: Coaches are responsible for all their team members.

Coaches, non-participating athletes and spectators will not be allowed in the restricted area. They will need to stay behind the fenced in area of the track and behind the four foot area in front of the bleachers. No one will be allowed to enter the traffic area from the fence area near the finish line.

Team areas must be located either past the concession stand between the fence that separates the track area from the baseball outfield or the grassy area past the asphalt behind the bleachers near the finish line.

Fee: Please send the \$125.00 entry fee to Waupaca High School, E2325 King Road, Waupaca, WI 54981 Attn: Carl Eggebrecht before Thursday, April 21st or bring it the day of the meet.

If you have any questions, please contact Carl Eggebrecht, Athletic Director, Waupaca High School at (715) 258-4131.

WAUPACA COUNTY MEET TIME SCHEDULE

- 9:00 Coaches meeting under the pressbox.
- 9:20 Warm-up in field events will end and competitors will check in and be given final instructions.
- 9:30 Field events begin
Girls High Jump - Boys to follow after completion of event.
Boys Pole Vault - Girls to follow after completion of event.
Girls Long Jump - Boys to follow after completion of event.
Boys Triple Jump - Girls to follow after completion of event.
Girls Shot Put – Boys to follow after completion of event.
Boys Discus – Girls to follow after completion of event.
- 9:45 3200 meter Relay - girls
3200 meter Relay - boys
100 meter High Hurdle trials - girls
110 meter High Hurdle trials – boys
100 meter Dash trials - girls
100 meter Dash trials - boys
- 15 minute break
- 100 meter High Hurdle final - girls
110 meter High Hurdle final - boys
100 meter Dash final - girls
100 meter Dash final - 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 - girls
200 meter Dash - boys
3200 meter Run - girls
3200 meter Run - boys
1600 meter Relay - girls
1600 meter Relay – boys