

North Eastern Conference Outdoor Track & Field Meet
Saturday, May 14, 2016
ST Paper Stadium - Oconto Falls High School

- Participants:** Clintonville, Denmark, Fox Valley Lutheran, Freedom, Little Chute, Luxemburg-Casco, Marinette, Oconto Falls, Waupaca, and Wrightstown
- Officials:** Bruce Parkovich – Marinette, Roger Kane – Oconto Falls, Charles Heider – Green Bay
- Meet Manager:** Lon Ludemann
Varsity Boys Track & Field Coach
Oconto Falls High School
Office Phone #: 920-848-4463, extension 7
Email: lonludem@ocontofalls.k12.wi.us
- Entry Fee:** \$200.00/school – If you have not paid, please pay as soon as possible
- Coaches Meeting:** Coaches meeting will be at 9:15 A.M. in the storage room by the entrance to press box
- Tickets:** Tickets will be sold at the gate entrance
- Adults = \$4.00
 - Students = \$2.00
- Meet Format:** Meet will follow W.I.A.A. Regional format with the exemption of the 200 meter dash. Please follow current year order of events and field event rotation.
- Entries:** Schools will be allowed entries as per W.I.A.A. Regional format. Scratches only the day of the event. Additions and substitutions will not be allowed at the coaches meeting.
- Each school may enter a maximum of:
- One entry per each relay
 - 28 individual entries per boys and girls
 - There is a maximum limit of three (3) in any individual event
 - A school not using all eligible entries may not fill those after the deadline
 - An athlete may enter a maximum of four (4) events, but no more than three (3) running or three (3) field events
- For relays
- Schools must enter individual names and a seed time
 - A maximum of six (6) runners must be listed
 - Being listed as a relay team member counts as one (1) of the four (4) allowed events whether or not the student athlete participates
 - Coaches have until the Clerk of Course checks in teams to determine which runners will compete
 - Relay seed times should consist of actual running times of the athletes you think will be running (coaches should estimate if necessary)

Event Timing:

Oconto Falls High School has contracted the services of ***Prime Time Timing*** for timing and recording the results of the NEC Conference Meet. Coaches must use the ***Prime Time Timing web site*** to submit their entries. Coaches must submit final entries by 11:59 am, on Thursday, May 12, 2016. The entry window will be open from Thursday, May 5, at 12:00 pm until Thursday, May 12, at 11:59 am. To submit entries, coaches must log onto the ***Prime Time Timing web site*** at www.pttiming.com . Once on the web site, click on *schedule* and then click on *all upcoming events*. Find our meet by the date and then click on register for this meet to the right of NEC Conference Meet. Follow the instructions provided by ***Prime Time Timing***. ***Prime Time Timing*** will make heat sheets available by noon on Friday, May 13. **Do not send entries to Oconto Falls High School. A \$50.00 penalty will be charged to each school that misses the entry deadline.**

Facilities:

Oconto Falls track is a nine (9) lane rubberized surface

1/4" spikes will be allowed on the track and runways

The shot put and discus areas are located in the Southeast corner of the track. Shot put and discus areas are concrete.

The high jump will be located by the north end zone near the scoreboard. The pole vault and the long/triple jump are located on the east side of the track by the flag pole.

Trainer:

A certified Athletic Trainer will be present and located near the finish line throughout the meet.

Concessions:

Concessions will be available at the stadium

Field Events:

Field Events will start at 10:00 am

Top nine (9) competitors from the trials will compete in the finals for the shot put, discus, long jump and triple jump

High jump and pole vault starting heights will be determined by counting down using the seeded performances of the eighth (8th) best athlete and subtracting two (2) increments (4" in the high jump and 1' in the pole vault)

The schedule for field events is as follows (open pit for LJ and TJ preliminaries)

10:00 am – 11:00 am

- Preliminaries for: girls long jump, boys triple jump, girls shot put, boys discus

11:00 am – 11:15 am

- Warm-ups for finals of: girls long jump, boys triple jump, girls shot put, boys discus

11:15 am – 12:00 pm

- Finals for: girls long jump, boys triple jump, girls shot put, boys discus

12:00 pm – 12:15 pm

- Warm-ups for preliminaries of: boys long jump, girls triple jump, boys shot put, girls discus

12:15 pm – 1:15 pm

- Preliminaries for: boys long jump, girls triple jump, boys shot put, girls discus

1:15 pm – 1:30 pm

- Warm-ups for finals of: boys long jump, girls triple jump, boys shot put, girls discus

1:30 pm – 2:15 pm

- Finals for: boys long jump, girls triple jump, boys shot put, girls discus

Running Events:

Running events will start at 10:45 am

In individual running events, all competitors will be assigned a hip number. In relay events, only the anchor leg will be assigned a hip number. Hip numbers will go on left hip.

Qualifying from the trials to the finals in the 100 meter dash, and 100/110 high hurdles will be the winner of each trial heat plus the next fastest times from any trial heat until all available lanes are filled. There will not be trials for the 200 meter dash.

Sections will be conducted in the remaining running events based on the “best seed times”, with the slowest runners in the first section and the fastest runners in the last section.

Wheelchair Athletes:

Please inform the meet manager at least twenty-four (24) hours prior to the meet if you will have a wheelchair participant

Scoring:

Team scoring will consist of eight (8) places for all events (10-8-6-5-4-3-2-1)

Awards:

Awards:

- 1st and 2nd place will receive medals for all events

Team champions and awards will be announced as soon as results are finalized
A short awards ceremony will take place at the conclusion of the meet

Marshaling Area:

Athletes should report to the marshaling area on the first call

The marshaling area will be located at the end of the track near the starting line of the 100 meter dash

Restricted Area:

Non-participating athletes and spectators will not be allowed inside the fence surrounding the track.

Athletes will not be allowed to remain on the grass area inside the track

Tents:

Team tents will be set up on the grass to the north of the main gate to ST Paper Stadium

Games Committee:

The games committee will consist of:

- Starter – Roger Kane
- Assistant Starter – Bruce Parkovich
- Meet Manager – Lon Ludemann, Oconto Falls
- Boys coach – Little Chute
- Girls coach – Marinette

Exchange Zones:

Schools will be assigned to have coaches cover exchange zones for the following races:

800 Meter Relay

- 1st and 3rd exchanges: Clintonville and Denmark
- 2nd exchange: starters

400 Meter Relay

- 1st exchange: Fox Valley Lutheran and Freedom
- 2nd exchange: Little Chute and Luxemburg-Casco
- 3rd exchange: Marinette and Oconto Falls

1600 Meter Relay

- Exchange zone: starters
- 3rd and 4th curves: Waupaca and Wrightstown

Media:

Results will be faxed to the Green Bay Press Gazette (920-431-8379) and the Appleton Post-Crescent (920-733-1945)

If you need the results faxed anywhere else, please provide the fax number to the meet manager

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Time Schedule

- 9:15 am** Coaches meeting and weigh-ins for throwing implements will be in the room next to the concession stand on the lower (ground) level of the press box. Pole vaulting poles will also be checked in this room.
- 9:45 am** End of warm-ups; on track and field events
- 10:00 am** Field events
- Girls high jump (boys to follow after completion)
 - Boys pole vault (girls to follow after completion)
 - Girls long jump (boys to follow after completion)
 - Boys triple jump (girls to follow after completion)
 - Girls shot put (boys to follow after completion)
 - Boys discus (girls to follow after completion)
- 10:45 am** Running events
- 3200 meter relay – girls
 - 3200 meter relay – boys
 - 100 meter high hurdles trials – girls
 - 110 meter high hurdles trials - boys
 - 100 meter dash trials – girls
 - 100 meter dash trials - boys
- Fifteen (15) minute break**
- 100 meter high hurdles finals – girls
 - 110 meter high hurdles finals – boys
 - 100 meter dash finals – girls
 - 100 meter wheelchair (if necessary)
 - 100 meter dash finals – boys
 - 1600 meter run – girls
 - 1600 meter wheelchair (if necessary)
 - 1600 meter run – boys
 - 800 meter relay - girls
 - 800 meter relay – boys
 - 400 meter dash – girls
 - 400 meter dash wheelchair (if necessary)
 - 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

