



## **2017 Middle Border Conference Track & Field Championships**

### **Hosted by New Richmond High School**

**To:** Athletic Directors and Track Coaches of Amery, Baldwin-Woodville, Ellsworth, New Richmond, Osceola, Prescott, St. Croix Central, Somerset

**From:** Casey Eckardt, Activities Director, New Richmond High School

**When:** Tuesday, May 16, 2017

**Where:** New Richmond High School, 650 Richmond Way

**Admission:** Adults and Students - \$5, under 6 free. Concessions will be available.

**Time:** 2:45 Track facility opens for warm-ups  
3:15 Scratch/Coaches meeting (at finish line)  
3:45 p.m. field events  
4:30 p.m. running events

**Entries:** Entries will be done online at [www.pttiming.com](http://www.pttiming.com).  
**Entry deadline will be Sunday, May 14, 2017 at noon.**

Schools will be allowed entries as per the WIAA Regional Format. Each school may enter a maximum of:

- ⇒ One entry in each relay event. (individual names and seed time must be entered, a maximum of 6 athletes can be listed)
- ⇒ 28 individual event entries.
- ⇒ There is a maximum limit of three in any individual event.
- ⇒ An athlete may enter a maximum of four events, but no more than three running or three field events. (If any athlete is listed as a relay team member that relay counts as one of that athlete's running events whether or not he/she participates.)

**Facilities:** 9 lane, 400 meter rubber covered track. Runways and high jump are also rubber covered. Spikes up to ¼ " pyramid will be allowed for competition. The shot and discus areas are concrete. All athletes should come dressed for competition. There will be no locker rooms available.

**Bus Parking:** Buses are to park in the parking lot on the east side of the track. Athletes can be dropped off in the small lot west of the track.

**Officials:** Meet Referee - Ron Duffie      Starters – Doug Hjersjo and Tom Carroll

**Jury of Appeals:** Will consist of the two starters, meet manager, Ellsworth girls head coach, Osceola boys head coach. If a committee member has his/her school involved with an appeal they must withdraw from that review. Somerset head girls and Amery head boys would be alternates.

**Field Events:** The following events will be contested first, followed by the other gender when the event is completed:

**Boys – Pole Vault, Triple Jump, Discus**  
**Girls – High Jump, Long Jump, Shot Put**

- Preliminaries will be conducted in the Long Jump, Triple Jump, Shot Put and Discus. Each competitor will receive three trials.
- In the long jump and triple jump preliminaries will be **one hour** using an “open pit” system. Boys triple jump and girls long jump will have preliminaries from 3:45-4:45 with finals from 5:00-5:30. Boys long jump and girls triple jump preliminaries will be from 6:00-7:00 with finals from 7:15-7:45. Finals may be moved up if all jumpers complete their preliminary jumps in less than an hour.
- Shot put and discus will be conducted in flights. (All shots and discs must be weighed prior to the start of competition.) The flights will be arranged according to distances submitted.
- The top 9 will advance to the finals for an additional three jumps or throws with the winning distance coming from either the preliminaries or the finals. In the finals, the contestants having the poorest performances will be first and those having the best performances will be last in order.
- The high jump and pole vault competition will use the “five-alive” continuing flight procedure.
- The starting height for the high jump and pole vault shall be determined by counting down using the performance of the eighth best athlete then subtracting two increments (4” high jump and 1’ pole vault).
- The bar in the high jump must be raised two inches each time until six competitors remain. The bar thereafter will be raised one inch each time. The bar in the pole vault must be raised six inches each time until six competitors remain. The bar thereafter will be raised three inches each time. When only one competitor remains in the competition, he/she may determine successive heights of the cross bar.
- Coaches will need to make available to the meet officials a copy of the pole vault Weight Verification Form. **(Reminder: Week 46 (May 15) is a new weigh-in period.)**
- **NOTE:** Check out time for athletes competing in other events will be 15 minutes. The time will start when the athletes name is called for their next attempt.

**Seeding:** 4, 5, 3, 6, 2, 7, 1, 8, 9 - Trials will be conducted in the 100m Dash, High Hurdles, and 200m Dash. There will be a fifteen-minute break between trials and finals. Qualifying from trials to finals will be the winner in each heat, plus the next fastest times from any heat until all available lanes are filled with a maximum of nine.

**Timing:** Fully Automatic Timing (FAT) will be provided by Pttiming

**Warm-ups:** Warm-ups for running events will be permitted on the track until 4:25. After that time all warm-ups must be outside the track.

**Clerking area:** The clerking area will be the SE corner of the track at the start of the 100m. Athletes are to use the gate at that end to enter the track area.

**Scoring:** Eight places (10-8-6-5-4-3-2-1).

**Awards:** Medals will be awarded for places 1-3.

**Team Camps:** Please set up team camps outside the track fence – no one except meet officials and contestants participating in events will be allowed inside the fence. No athletes are to warm-up on the infield except for immediately before their race. Coaches please observe the restricted areas and let your assistants know.

**General:** Once the meet starts the fenced-in area of the track and roped or flagged off areas in the field events are off limits to coaches and athletes except those checking in or competing. There will be designated coaching boxes in the field event areas. After their race, athletes should exit the track through the gate at the north end of the track. After their field event, athletes are to leave the roped or flagged off competition area.

Remind your athletes of the uniform rules as they will be enforced.

An athletic trainer will be available and located on the concrete area north of the finish line.

**Questions:** Casey Eckardt (715) 243-7455 or [ceckardt@newrichmond.k12.wi.us](mailto:ceckardt@newrichmond.k12.wi.us)  
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**Schedule:**

2:45 Track opens for warm-ups  
3:15 Scratch/Coaches meeting at finish line  
3:45 Field Events – Boys – PV, TJ, Disc; Girls – HJ, LJ, SP  
4:25 Track closes for warm-ups  
4:30 Running Events, all events Girls followed by Boys  
3200 Meter Relay  
100 Meter Dash  
100 Meter High Hurdles (Girls)  
110 Meter High Hurdles (Boys)  
200 Meter Dash  
***Break – 15 minutes***  
100 Meter High Hurdles (Girls)  
110 Meter High Hurdles (Boys)  
100 Meter Dash  
1600 Meter Run  
800 Meter Relay  
400 Meter Dash  
400 Meter Relay  
300 Meter Low Hurdles (Girls)  
300 Meter Intermediate Hurdles (Boys)  
800 Meter Run  
200 Meter Dash  
3200 Meter Run  
1600 Meter Relay