

Hudson Tune-Up

Monday, May 7th, 2018



Teams Participating: Hudson, New Richmond, Osceola

Officials: Tim DeJardin, Doug Hjersjo, Dan Klaustermeier

Entries: PT Timing (www.pttiming.com), Steve & Deb Wros

4:00pm - Field Events Begin

Shot Put – Girls 1st (4 Throws – No Finals)

Discus – Boys 1st (4 Throws – No Finals)

Triple Jump – BOTH Boys AND Girls (Open Pit – 4 Jumps – No Finals)

Long Jump – BOTH Boys AND Girls (Open Pit – 4 Jumps – No Finals)

Pole Vault – Boys 1st

High Jump – Girls 1st

4:00pm – Running Events Begin

(All running events are seeded FINALS & will go on a rolling schedule with girls heats followed by boys heats)

4x800m Relay (GIRLS & BOYS TOGETHER)

100/110m Hurdles

100m

1600m

4 x 200m Relay

400m

4 x 100m Relay

300m Hurdles

800m

200m

3200m (GIRLS & BOYS TOGETHER)

4 x 400m Relay



Starting Heights –

High Jump – Girls 3-10 / Boys 4-10 (*Will go up 2" at a time)

Pole Vault – Girls 6-0 / Boys 7-0

(*If needed – Girls will go from 6-0 to 7-0 to 8-0 to 8-6, etc..., Boys will go from 8-0 to 9-0 to 10-0 to 10-6, etc...)

Entry Fee - \$130.00 (Checks payable to: **Hudson High School**, 1501 Vine Street, Hudson, WI 54016)

Entries – www.pttiming.com

Teams will be allowed **unlimited entries** per individual event AND relays. Entries will open Saturday, April 28th, and **ALL entries will be closed Saturday, May 5th @ NOON**. All athletes and performances will need to be entered at www.pttiming.com by going to upcoming events and entering your athletes and performances into the Hudson meet on 5/7/18. NO additions can be made the day of the meet – only substitutions and/or scratches. **HOWEVER – please try to be as accurate as possible with your entries as we will run heats as assigned (we will not consolidate heats on meet day unless obviously necessary)**. Considering that this is an open meet, you can enter any JV or varsity athletes as you see fit, or that your training schedule allows. Use your discretion and best judgment in registering your athletes accordingly.

Results – Will be compiled as soon as possible after the completion of events, and will be posted online at www.pttiming.com at the conclusion of the meet.

Spikes – ¼" pyramid spikes are allowed on all surfaces, but NOT in the bleachers.

Track Location – Raider Stadium, Hudson High School, 1501 Vine Street

This year's meet will be held at the new Raider Stadium facility directly in front of school on the high school campus. Athletes can be dropped off at the stadium entry but not until AFTER 3:00pm (school release is at 2:43pm and the parking lot will need to clear). Buses will need to park in student parking to the far west side of the lot after drop off.

Facility – While the stadium is new this year, construction will still literally come up to fence surrounding the track area. Please instruct athletes and spectators to follow signs and stay within restricted areas. There will be water and bathrooms available for use at the stadium, and stadium concessions will also be

available. No one will be allowed to enter the high school during the course of the meet except in case of a weather emergency (lightening or tornado). In this case, teams will enter the main office door #7 to the far west side of the high school, and follow instructions to get to the west gym area.

Team Camps – NO camps will be allowed on the infield of the track, and our space is restricted this year due to the construction. All camps will be required to be in the stadium bleachers during this season. Please instruct athletes to be respectful of the space, and NOT stick hip numbers to the stadium itself. Please make sure that your area is tidy and picked up as much as possible as you leave. Thank you in advance!

Warm-Up – will be allowed in the marked space between the hash marks on the infield. This will not be a space for athletes to “hang-out” as it will become congested. Athletes should use the space as needed for reasonable warm-up and cool down for events, and then vacate the area.

Track Entrance – the only gate open to the actual fenced in track area will be on the north end nearest the clerk of course and 100m start area. Athletes will enter here, and also be guided back down the track to exit from the same gate. There is also a gate on the northwest side of the track to get to long & triple jump on the back stretch, and also exit to high jump, shot put, and discus areas.

Clerk of Course – the meet clerk will be located in the plaza directly outside the fence at the 100m starting line of the track. Athletes should be prepared to move on a rolling schedule, and should check in by second call for their events at the latest to get a hip number. We will NOT wait. **Please remind your athletes to place their hip # on the side seam (centered) of their shorts, and below their shirt line.**

Long Jump, Triple Jump, Pole Vault – are located on the infield of the track. Pole vault is on the front straight away. Long & triple jumps are located along the back straight away.

High Jump, Shot Put, Discus – are located outside of the stadium area, and along the northeast side of the track and high school building. Please follow signs and marked areas to get to these field events.

110m Hurdle Competition Note – the track was constructed with a common START line for the 100m, 100m hurdles, AND 110m hurdles. This means that the FINISH line for the 110m hurdles for guys is 10m past the common finish line. Coaches please give advance warning to your 110m hurdlers so that they are prepared, and to avoid any confusion.

Questions – Please direct any questions you may have to:

Jami Holum

Girls Track Coach

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Gerry Uchytel

Boys Track Coach

UCHYTiGB@hudson.k12.wi.us

Please let us know if you have any questions or concerns!

Jami & Gerry, along with the Hudson Coaching Staff & Athletes