

WEST DE PERE QUADRANGULAR

TRACK & FIELD MEET

DATE: Tuesday, April 30th

SCHOOLS: West De Pere, GB East, New London, Shawano

MEET MANAGER:

Scott Eggart

Assistant Principal/Activities Director

West De Pere High School

Office Phone: (920) 338-5200 EXT. 8032

Email: seggart@wdpsd.com

COACHES MEETING:

- Meeting will be held in the press box at 3:30

ADMISSION TO THE MEET:

All coaches, athletes, managers, and spectators will be admitted free

ENTRIES:

- Prime Time Timing will seed the meet, post heats/flights, and post results online
- **Entries must be submitted on pttiming.com by Sunday, April 28th at 11:59 AM**
- There will be no limit to entries

SCORING:

- Team scoring will consist of four places for individual events (6-4-3-2-1)
- Team scoring will consist of two places for relays (6-4-2)

RUNNING EVENTS:

- Running events will start @ **4:00**
- All runners in open events will be assigned a hip number and only anchor runners in relays will be assigned hip numbers
- There will be no trials for running events
- Sections will be conducted in the running events based on the “best times” with the slowest runners in the first section and fastest in the last section

FIELD EVENTS:

- Field events will start @ **4:00**
- Pole Vault and High Jump will be conducted in the five alive continuing flight procedure
- Competitors will be allowed 3 attempts in long jump, triple jump, shot put & discus
 - Long and Triple Jump will be open pit (same time; separate pits)

FACILITIES:

- Rubberized 400 meter track with 6 lanes all around and 8 in the straight away
- 1/4 inch pyramid spikes will be permitted on the track and runways
- Shot Put and Discus is located east of the track outside the fenced area
- Long and Triple Jump pits are located on the east side of the track behind the visitor bleachers
- Pole Vault is located on the North end of the facility inside the track
- High Jump is located on the South end of the facility inside the track
- Use chalk for markings in field events and relays
- Concessions will be available at the stadium during the meet

ATHLETIC TRAINER:

- A certified Athletic Trainer will be present and located near the finish line throughout the meet
 - Jeanine Zeamer - Bellin Health

BULLPEN:

- Please have athletes report to the bull pen located on the north end of the track on the first call
- Athletes will receive hip numbers in the Bullpen

TENTS:

- Team camps/tents can be set up outside the track area on the grass behind the concession stands on the west side of the stadium

RESTRICTED AREAS:

- Non-participating athletes and spectators will not be allowed inside the fences surrounding the track.
- Only athletes warming up will be permitted on the infield/turf area

WHEELCHAIR:

- Please inform West De Pere at least 24 hrs. prior to the meet if you will have a wheelchair participant.

MEDIA:

- Results will be faxed to :
 - Green Bay Press Gazette: (920) 431-8379

WEST DE PERE QUADRANGULAR TRACK MEET

Time Schedule

3:30

Coaches Meeting in the press box

4:00

Field Events Start

- Girls High Jump (Boys to follow after completion)
- Boys Pole Vault (Girls to follow after completion)
- Long Jump –(South Pit)
- Triple Jump – (North Pit)
- Girls Shot Put (Boys to follow after completion)
- Boys Discus (Girls to follow after completion)

4:00

Running Events Start

- 3200 Meter Relay – Girls
- 3200 Meter Relay – Boys
- 100 Meter High Hurdle – Girls
- 110 Meter High Hurdle – Boys
- 100 Meter Dash – Girls
- 100 Meter Dash – 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