

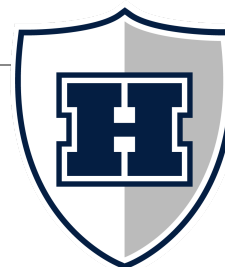
# Hudson Tune Up

Monday, May 6<sup>th</sup>, 2019

**TEAMS PARTICIPATING:** Hudson, New Richmond, Rice Lake, River Falls

**OFFICIALS:** Tim DeJardin, Doug Hjersjo, Dan Klaustermeier

**TIMING:** PT Timing ([www.PTtiming.com](http://www.PTtiming.com)), Steve & Deb Wros



**3:30pm - Coaches Meeting** (very briefly at finish line area)

**4:00pm - FIELD EVENTS BEGIN**

**Shot Put** – Boys 1<sup>st</sup> (4 Throws – No Finals)

**Discus** – Girls 1<sup>st</sup> (4 Throws – No Finals)

**Triple Jump** – Boys 1<sup>st</sup> (4 Jumps – No Finals) – Open Pit 4:00-5:15pm

**Long Jump** – Girls 1<sup>st</sup> (4 Jumps – No Finals) – Open Pit 4:00-5:15pm

**High Jump** – Boys 1<sup>st</sup> (Starting heights and progressions below)

**Pole Vault** – Girls 1<sup>st</sup> (Starting heights and progressions below)

**\*\*POLE VAULT COMPETITION WILL BEGIN @ 4:00PM SHARP – PLEASE TIME YOUR WARM-UP**

\*2<sup>nd</sup> Round of Field Events will begin after 1<sup>st</sup> Round completion and 20 minute warm-up.

**4:00pm - RUNNING EVENTS BEGIN**

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

4 x 800m 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



**\*NOTE** – TAPE should be used for all markings on the track surface unless you have markers that sit on the track (NO chalk).

**ENTRY FEE - \$150.00** (Checks payable to: Hudson High School, 1501 Vine Street, Hudson, WI 54016)

**ENTRIES & TIMING** - [www.pttiming.com](http://www.pttiming.com) - will be handling all entries and timing for this meet.

Teams will be allowed **unlimited entries** per individual event AND relays. Entries will open Saturday, April 27<sup>th</sup>, and **ALL entries will be closed Saturday, May 4<sup>th</sup> @ NOON**. If entries are not entered by that time, **PT-timing will assess a \$50 reopen fee**. NO additions will 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](http://www.pttiming.com) at the conclusion of the meet.

**TRACK LOCATION** - **Raider Stadium, Hudson High School, 1501 Vine Street**

Our stadium and track are now on the high school campus in front of school. Athletes can be dropped off at the stadium entrance but just be aware that our current school release time is 3:06pm and the parking lot will need to clear. Buses can park across the street in St. Patrick's Church parking lot until the student lot is clear and then move into the far west side of the lot. It is possibly recommended to plan for team arrival by 3:00pm if possible, or after 3:15pm.

**FACILITY** - There are bathrooms and water available in 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 the case of a weather emergency. In this case, teams should follow the instructions of the announcer to move to safety.

**TEAM CAMPS** - NO team camps will be allowed on the infield of the track. Team camps will be marked in the plaza on the north side of the track right along the south side of the school. This fairly sheltered area is a cement plaza divided by pillars under an overhang. Please instruct athletes to be respectful of the space (ex. do not stick hip numbers to the stadium), and make sure that your area is tidy and cleaned up as much as possible as you leave. There will be garbage cans in the near vicinity. 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", but athletes should use the space as needed for reasonable warm-up and cool down for events, and then vacate the area. Coaches will be allowed on the in-field, but please help monitor the flow of your athletes to and from this area.

**TRACK ENTRANCE** - The main entrance to the track area for athletes/coaches is on the northwest 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 nearest team camps. There is also a gate on the northeast side of the track to get to long & triple jump on the back stretch, and to also exit to the high jump, shot put, and discus areas outside of the track along the east side of the school. We would like to keep the finish area clear for the officials, timers, and competing athletes.

**CHECK IN** - will be located in the north end zone. This is also where the clerk of course will gather athletes for instructions prior to each event. Athletes should be prepared to move on a rolling schedule, and should check in by second call for each event at the latest to get a hip number. We will NOT wait. **Please remind your athletes to place their hip # on the LEFT side seam of their shorts (centered), and below their shirt line.**

**SPIKES** - ¼" pyramid spikes are allowed on all track surfaces, but NOT in the bleachers.

**TRAINER** - will be available near the finish line behind the timing tent. Please bring your own tape.

**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 where a bleacher will be available for spectators. Spectators are asked to access the track using the northeast gate.

**High Jump, Shot Put, Discus** - are located outside of the stadium area, and along the northeast side of the track and school. Spectators may want to bring a blanket or chair to this area.

### **STARTING HEIGHTS**

**High Jump** – Girls 3-10 / Boys 4-10 (Will go up in 2" progressions)

**Pole Vault** – Girls 6-0 / Boys 7-0

(\*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...)

**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 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

[HOLUMJL@hudsonraiders.org](mailto:HOLUMJL@hudsonraiders.org)

Nate Kirkpatrick

Boys Track Coach

[KIRKPAND@hudsonraiders.org](mailto:KIRKPAND@hudsonraiders.org)

Please let us know if you have any questions or concerns, and we look forward to having a great competition with your teams...

**Jami & Nate along with the Hudson coaching staff, athletes, and volunteers**