

Hamilton High School Athletics & Activities

W220 N6151 Town Line Road
Sussex, Wisconsin
53089-3999

Telephone — 262 246 1805
Facsimile — 262 246 1885
www.hamilton.k12.wi.us



2013 GMC TRACK RELAYS

Michael J. Gosz

Director, x 1125

GoszMi@hamilton.k12.wi.us



LOCATION: Hamilton High School, W220 N6151 Townline Road, Sussex WI 53089

TEAMS: Brookfield Central, Brookfield East, Divine Savior Holy Angels, Hamilton, Marquette, Menomonee Falls, Wauwatosa East, West Allis Central, West Allis Hale

Time Schedule:	Pole Vault:	1:30 pm (Girl's First)
	Coaches Meeting:	2:00 pm near the finish line
	Implement Weigh-in:	1:30-2:15 by finish line tent
	Field Events:	2:30 pm
	Running Events:	3:30 pm

ENTRIES: You are allowed one relay team in each relay event. Athletes are limited to four events per WIAA rules.

By-Law Note: A Varsity athlete may be scratched and replaced in GMC Meets only under the following conditions:

- An athlete is injured and has a written statement from a doctor or certified athletic trainer.
- An athlete is suspended from competition by his school. In this case a note from the principal or Athletic Director is required to replace the athlete.
- An athlete may not be replaced under any other circumstances.

ENTRY PROCEDURES:

- Step 1: Register online at www.pttiming.com/
- Step 2: Submit entries by going to www.pttiming.com/ . Click on Upcoming Events and find the Greater Metro Conference Relay Meet.
- Final entries are due on **Monday, April 29th by 11:59pm.**

Entry times should be submitted to the tenths of a second. To maintain the integrity of the seeding process entry times should reflect actual performances of your athletes. PLEASE INCLUDE A MARK FOR EACH ATHLETE IN EACH EVENT.

ADVANCEMENT: All races are finals.

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself. The tip of the spike should extend no more than 3/16ths of an inch from the sole of the shoe. Please do not use tape on the track or runways. Chalk will be used.

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SCORING: There will be 7 places scored for all events (10-8-6-4-3-2-1). Medals will be awarded to the first three places. Championship bar will be awarded to winning school.

STARTING HEIGHTS:	Boy's	Girls
Pole Vault	8'6"	6'0"
	9'6"	7'0"
	10'6"	7'6"
High Jump	5'0"	4'0"
	5'3"	4'3"
	5'6"	4'6"
	5'8"	4'8"
	5'10"	4'10"

SHOT PUT/DISCUS: 4 attempts each event, Shot Put – Boy's first and Girl's to follow, Discus Girl's first and Boy's to follow

POLE VAULT: Per GMC by-law, Girls's will compete first in this odd numbered year. Pole vault coaches **DO NOT** fax vaulter weight sheet to school. **Bring a copy to the event.**

LONG/TRIPLE JUMP: Girl's First in Long Jump –Boy's first in triple-open pit-4 jumps-jumpers may "piggy-back" after the 1st and 3rd jump 2:30-3:30 Girl's LJ & Boy's TJ 4:00-5:00 Girl's TJ & Boy's LJ

HIGH JUMP: Per GMC by-law Boys will jump first in this odd numbered year

AWARDS: Championship bar for team winner. Top 3 teams will medal in each relay event.

TEAM AREAS: Please set up camps either in the stands or anywhere outside of the stadium field fence on east end on grass by new press box. Coaches and athletes will be able to enter the stadium complex through the east end by the red shed.

RESTRICTED AREAS: The infield will be restricted to everyone except officials, workers, and meet management with the following exception. Coaches will be allowed in the long jump, triple jump, high jump and pole vault areas during their respective events. **We ask that you keep your athletes off of the infield at all times and inform parents that they should not be inside the fenced area of the track.**

CONCESSIONS: Concessions will be available.

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ADMISSION FEE: Adults: \$5.00 and Students/Seniors: \$4.00 **NO PASSES**

WORKER ASSIGNMENTS:

Field Events – Please provide an adult with two helpers for your assigned event.

Pole Vault: West Allis Central	High Jump: DSHA/Marquette	Long Jump: MF.
Triple Jump: BC	Shot Put: West Allis Hale	Discus: BE

Exchange Zones: Please have a coach at these zones to help officiate exchanges.

800 Relay: 1st/3rd Exchange – **MQ** Lanes 1-4 & **Hamilton** Lanes 5-8

400 Relay: 1st Exchange – **Men. Falls/WA Central** 2nd Exchange – **WA Hale/DSHA**
3rd Exchange-**TE/BE**

Finish Line/Timer: PT Timing

Hurdle Crew: **Hamilton**

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RELAYS ORDER OF EVENTS

- 1:30 Pole Vault (Girl's First)
- 2:30 Field Events (See above for specific gender assignments)
- 3:30 Running Events – **Girls First, Boys Second**

Distance Medley Relay – Girl's (400-800-1200-1600)
Distance Medley Relay – Boy's (400-800-1200-1600)
300 M HH Shuttle – Girl's (finish is at the common finish line)
330 M HH Shuttle – Boy's
400 M Relay – Girl's
400 M Relay – Boy's
6400 M Relay – Girl's
6400 M Relay – Boy's
800 M Medley Relay – Girl's (200-100-100-400)
800 M Medley Relay – Boy's (200-100-100-400)
900 M Low Hurdles – Girl's
900 M Intermediate Hurdles – Boy's
800 M Relay – Girl's
800 M Relay – Boy's
3200 M Relay – Girl's
3200 M Relay – Boy's
1600 M Relay – Girl's
1600 M Relay – Boy's

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