

Appleton West High School



FVA Track and Field Championships

Meet Information: May 15th, 2023

Meet Location: Appleton West High School, Happel Sports Complex
610 N Badger Ave, Appleton, WI 54914

Meet Contacts

John Miller (AD) millerjohnf@asds.k12.wi.us

Shalene Huth (Boys Head Coach) huthshalene@asds.k12.wi.us

Shalene Huth (Girls Head Coach) huthshalene@asds.k12.wi.us

Teams

COED FVA MEET- 10 Team Conference Meet Championships

Coaches Meeting

- Coaches meeting will be held under the tent by the finish line at 2:30.
- The stadium will open at 1:45
- Food will be provided for your coaching staff.

Entries

Entries will be done through **PT TIMING** and are **DUE SATURDAY MAY 13th @ Noon.**

- 28 individual entries, no more than 3 per event per school.
- 1 relay team per school.
- Traditional Invite/WIAA/NFHS RULES APPLY.

Rain Date

The rain date is Tuesday, May 16th if needed.

Schedule of RUNNING Events

Running Events start @ 3:30

There is no precise time schedule. Have athletes prepared to run.

3200 Meter Relay (Girls)
3200 Meter Relay (Boys)
100 Meter Dash Trials (Girls)
100 Meter Dash Trials (Boys)
100 Meter High Hurdles Trials (Girls)
110 Meter High Hurdle Trials (Boys)
15 MINUTE BREAK
100 Meter High Hurdles Finals (Girls)
110 Meter High Hurdles Finals (Boys)
100 Meter Dash Finals (Girls)
100 Meter Dash Finals (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 Int. Hurdles (Boys)
800 Meter Run (Girls)
800 Meter Run (Boys)
200 Meter Dash Finals (Girls)
200 Meter Dash Finals (Boys)
3200 Meter Run (Girls)
3200 Meter Run (Boys)
1600 Meter Relay (Girls)
1600 Meter Relay (Boys)

Schedule of FIELD Events

3:00 Specified Field Events Will Begin

Girls High Jump and Boys Pole Vault Begin
Boys Triple Jump 1st
Girls Long Jump 1st
Boys Discus/Girls Follow
Girls Shot Put/Boys Follow

Shot Put and Discus (2 Flights)

Trials: 3:00-4:00
Finals: 4:15-5:00
Trials: 5:30-6:30
Finals: 6:45-7:15

Triple Jump

Boys-Trials: 3:00-4:00 Finals: 4:15-5:00
Girls-Trials: 5:30-6:30 Finals: 6:45-7:15

Long Jump

Girls-Trials: 3:00-4:00 Finals: 4:15-5:00
Boys-Trials: 5:30-6:30 Finals: 6:45-7:15

***Field Events-** Times may be adjusted based on the discretion of the field event referee. A clear PA announcement will be made if this is the case.

High Jump and Pole Vault

The Girls pole vault will begin 20 mins after completion of the boys
The Boys High Jump will begin 20 mins after completion of the girls.
Starting height will be determined by the top 8 seeds followed by 2 increments down.

**** The eight fastest qualifying times in the 110/100m, 100m dash, and 200m dash qualify for finals.**

***POLE VAULT- The final weigh in day is due the day of the conference meet. COACHES MUST HAVE A CURRENT SHEET with signatures by coach and AD.**

Facility

Newly renovated 8 lane Track. $\frac{1}{4}$ Pyramid spikes may be used on the track, and all runways, and jumping surfaces. Tape is **NOT** allowed on any of the surfaces, **please use CHALK only, including runways! Chalk will be provided.**

Meet Scoring

NFHS scoring will be used up to 8 places. Individual events will be scored 10-8-6-5-4-3-2-1. Relay events will also be scored up to 8 places using 10-8-6-5-4-3-2-1.

Additional Meet Information

Locker rooms will not be provided, please arrive ready to compete.

Bathrooms are located near the South end of the Track.

Buses will drop off athletes at the Gate on Badger Ave.

- Access Badger Ave off of College Ave.
- Have buses park in the parking lot off of Winnebago & Linwood if they are staying for the meet.
- Please do not park the bus in front of the gate to assist other teams.
- Also please do not park a bus on Badger Ave. **(See Map Attached in email)**

- Team Camps/Tents can be set up on grass fields: **Behind MAIN bleachers. (See map below)**

Certified Athletic Trainer: Provided by (Orthopedic Sports Institute)

- Will be on site for any medical issues. **Usually located near the finish line.**

Officials: JERRY FELDHAUSEN, ROBERT KILAS, ROBERT KRUEGER, MARK ZAHN

No one except competing athletes, school authorized coaches, and meet personnel will be allowed in the restricted areas. These include:

- 1. The infield portion of the track. (Warm up Areas should be used for warmups only)
- 2. Start and finish areas.
- 3. The roped off areas for field events.
- PLEASE HELP KEEP THE EVENT AREAS CLEAR OF NON ESSENTIAL PEOPLE.

-Games committee will be:

- Fondy Boys Head Coach and Appleton North Girls Head Coach, Jerry Feldhausen

-Relay Exchange Zones Judges Assignments:

- 4x100=
 - Zone 1 Fondy, A-East
 - Zone 2 Kaukauna, Oshkosh West
 - Zone 3 Neenah, Kimberly
- 4x200 Hortonville will provide.

-Weigh in shots and discs will be in the blue shed by LJ/TJ pits when teams arrive at the start of the meet.