



Hudson Tune Up

Tuesday, May 9th, 2023

TEAMS PARTICIPATING: Eau Claire Memorial, Eau Claire North, Hudson, Rice Lake, River Falls

OFFICIALS: Tim DeJardin, Doug Hjersjo, Dan Klaustermeier

TIMING/ENTRIES: PT Timing (www.PTtiming.com)



3:00 Coaches Meeting (very briefly at finish line area)

3:30 FIELD EVENTS BEGIN

Shot Put – Boys 1st (**3 Throws** – No Finals)

Discus – Girls 1st (**3 Throws** – No Finals)

Triple Jump – Boys 1st (**3 Jumps** – No Finals) – 3:30-4:45 (or earlier if complete)

Long Jump – Girls 1st (**3 Jumps** – No Finals) – 3:30-4:45 (or earlier if complete)

High Jump – Boys 1st (Starting heights and progressions below but may be adjusted depending on entries)

Pole Vault – Girls 1st (Starting heights and progressions below but may be adjusted depending on entries)

****POLE VAULT COMPETITION WILL BEGIN @ 3:30 SHARP – PLEASE TIME YOUR WARM-UP**

*2nd round of field events will begin after 1st round completion and 20 minute warm-up including pole vault.

3:30 RUNNING EVENTS BEGIN

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

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).

ENTRIES & TIMING - [PT Timing](#) (linked here) will be handling timing for this meet. PT uses **Mile Split** for meet registration and entries, and the [Mile Split Instructions](#) are linked here.

Teams will be allowed **unlimited entries** per individual event AND relays. Entries will open Sunday, April 30th and **ALL entries will be closed Sunday, May 7th @ NOON.**

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 as much as possible.** We will consider consolidating heats on meet day if necessary.

RESULTS - Will be compiled as soon as possible after the completion of events and will be posted online at [PT Timing](#) (linked here) at the conclusion of the meet (and through live scoring if available).

SCORING (5 teams) = **Individual events:** 8-6-4-2-1 (1st-5th)/ **Relay events:** 8-6-4-2 (1st-4th).

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

Our stadium and track are on the high school campus in front of school. Athletes can be dropped off at the stadium entrance, but be aware that our school release time is 2:50 and the parking lot will need to clear. Once unloaded, buses will likely need to exit the parking lot until the lot clears but can then park in the far west side of the parking lot opposite the stadium. It is highly recommended to plan for team arrival well before 2:50 if possible.

FACILITY - There are bathrooms and water bottle fillers available in the stadium. Stadium concessions WILL be available during the meet. No one will be allowed to enter the high school during the course of the meet except in a weather emergency. In this case, teams should follow the instructions of the announcer to move to safety. Please instruct your athletes to stay out of the high school.



TEAM CAMPS - NO team camps are allowed on the track infield. Team camps will be marked in the plaza on the NW side of the track along the school in case of inclement weather. 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, walls, or ground) and make sure that your area is cleaned up as much as possible as you leave. There will be garbage cans in the near vicinity. Thank you in advance. Note that teams may also camp in the grassy area directly along the east side of the school adjacent to the high jump/throws areas as needed or as you would like.

SPECTATORS - There will be access to the throws and high jump areas as well as to the horizontal jumps (spectators should stay along the back stretch hillside) around and above the north end of the track nearest school. There will be no access to the track at the finish line area and NO spectators are allowed on the infield/track. Spectators should not cross the track to the infield at any point. NO dogs allowed.

WARM-UP - Will be allowed 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. **NOTE** - The football field sideline acts as a great boundary to the track - stay inbounds. Also note that the whole south end of the track should be clear for the official's sight lines from the end zone to the track itself.

TRACK ENTRANCE - The main entrance to the actual track area for athletes/coaches is on the NW end nearest the school, camps, 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 NE corner of the track near the 200m start to access long and 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. The finish line gate opening will not be used as an entrance/exit to the track itself.

CHECK IN - Will be located in the north end zone nearest the 100m start. Athletes should be prepared to move on a rolling schedule and should check in by 2nd call to get a hip number. **Prior to coming, 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 - Located on the infield of the track. Pole vault is on the front straight away. Long and triple jump are located along the back straight away.

High Jump, Shot Put, Discus - Located outside the inner stadium area and along the NE side of the track and school. Spectators may walk above the track to access this area.

STARTING HEIGHTS

High Jump – Girls 3-11 / Boys 4-11 (Girls - 3-11 to 4-2 to 4-5 + 2" after, boys similar)

Pole Vault – Girls 5-3 / Boys 7-3 (Girls - 5'3"-6'3"-7'3"-8'3" + 6" after, boys similar)

110m HURDLE Competition Note – The track was constructed with a common START line for the 100m and 100m/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 110m hurdlers so that they are prepared and to avoid any confusion at the finish area.

QUESTIONS – Please direct any questions or concerns you may have to:

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Dennis Saathoff

Boys Head Coach

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We look forward to having a great competition with your teams...

Hudson coaching staff, athletes, athletic department, and volunteers