



**WBHS LIONS INVITATIONAL
TRACK & FIELD MEET
WITTENBERG-BIRNAMWOOD HIGH SCHOOL
May 6, 2024**



Teams

Crandon, Edgar, Gresham/Bowler, Laona-Wabeno, Marion, Newman Catholic, Northland Lutheran and Wittenberg-Birnamwood.

Time Schedule

Coaches Meeting 3:30 pm – In the pressbox. Enter from the back
Field Events Start 4:00 pm
Running Events Start 4:15 pm

General Info

Wittenberg-Birnamwood High School
400 West Grand Avenue, Wittenberg, WI 54499
Telephone # (715) 253-2211, Fax # (715) 253-3588

Meet Managers

Christine Nier (Athletic Director) cnier@wittbirn.k12.wi.us
Mike Balliett (Head Coach) mballiett@wittbirn.k12.wi.us

Entry Fee

There will be a \$150.00 entry fee per school. Schools may mail entry fee or bring along on race day. Fees may be mailed to:

Wittenberg-Birnamwood High School
c/o Kim Moede
400 West Grand Ave
Wittenberg, WI 54499

Officials

Nancy Schoen and Mike Shefchik
We cut checks each Tuesday, and they will be mailed to the address supplied by rSchool.

Workers

Long Jump - Brenna Nillisen
Triple Jump - Madison Schwalbach
Shot Put - Stacey Delforge
Discus - Dan Krolow

High Jump - Shannon Seegmiller
Clerk - Layla Huffman and Julie Clark
Announcing - Mikayla King and Tammy Bushman

I will put in for your pay. School employees will be paid on the 15th of the month with extra-duty pay. Checks will be cut for non-school employees every Tuesday.

Track Info

The track is an eight lane rubberized track. 1/4" spikes will be allowed for all events. Starting blocks will be provided.

Awards

Trophies will be awarded to the first and second place boys' team and girls' team. Medals will be awarded to the top 3 winners in each event. School packets will be available as soon as possible after the conclusion of the meet and the awarding of the team trophies in the press box.

Entries/Runners

We will be using *PT Timing*. To register or enter your teams, go to (www.pttiming.com). You may need to create a "new account" with a username and password that can be used all season for any meet timed by *PT Timing*. Once you login you will need to enter your roster. Do not include athletes you know will not be able to run. If in doubt, enter them. After your roster is entered you will specify which race each athlete will compete in. **Registration opens on Monday, April 29th at noon and will close Saturday, May 4th at noon.** Schools that fail to meet the deadline will be **subject to a \$50 late fee.** Questions about entries can be directed to info@pttiming.com

Results

Live and final results can be found on the PT Timing website. Pttiming.com

Max Events

- Maximum of four events per person – no more than three running or three field events.
- 26 total individual entries
- Maximum of three individual entries per school, but only three can score.
- There will be no pole vault.

Meet Info

1. Lane assignments for all races of 400 m. or less will be 4-5-3-6-2-7-1-8
2. A competitor in the field events who is excused to compete in another event shall have a maximum of **15 minutes** before jump/throw. Make sure he/she is excused before leaving.
3. Substitutions can be made the day of the meet. You can drop or change a competitor (will not reseed), but you cannot add.
4. Please have runners report to the bullpen on the 2nd call and remain there.
5. All times will be FAT.
6. There will not be trails for the running events. Everything will be finals with the fast heat last.

7. We may be ahead of schedule with the running events.
8. High Jump will be determined at the coaches' meeting. Rule: Start at 8th place and drop two increments.
9. Shot Put & Discus will be done in flights – 4 throws total. Throwers must retrieve their own shot or disc.
10. Long Jump and Triple Jump will be done cafeteria style – 4 jumps total.
11. We cannot use athletic tape on the track. We can only use chalk.
12. Bus parking will be in the student parking lot or behind the football field on the hill.

Games Committee

Meet Officials, Meet Manager, Manawa Boys' Coach, Marion Girls' Coach

Exchange Zones

Coaches will also be requested to judge the following relay exchange zones:

800 m Relay

- 1st exchange zone – Faith Christian Academy
- 2nd exchange zone – Bonduel
- 3rd exchange zone – Wolf River Lutheran

Hurdle Crew – WBHS Athletes

400 m Relay

- 1st exchange zone – Gresham-Bowler
- 2nd exchange zone – Iola-Scandinavia

Field Events (start at 4:00 pm)

- Shot Put Girls followed by the boys, Four Throws
- Discus Boys followed by the girls, Four Throws
- High Jump Girls followed by the boys Rule: Start at 8th place and drop two increments.
- Long Jump Piggy Back / Open Pit, Four Jumps
 - 4:00 - 5:00 Girls (Girls will remain on North Pit for Long and Triple)
 - 5:00 - 5:15 Boys' Warm Ups (Boys will remain on the South Pit for Long and Triple)
 - 5:15 - 6:15 Boys
- Triple Jump North Pit / Piggy Back / Open Pit, Four Jumps
 - 4:00-5:00 Boys(Boys will remain on the South Pit for Long and Triple)
 - 5:00 – 5:15 Girls' Warm Ups (Girls will remain on North Pit for Long and Triple)
 - 5:15 - 6:15 Girls

Running Events (start at 4:15 pm)

- 3200 M. Relay Girls & Boys
- 100 M. High Hurdles Girls
- 110 M. High Hurdles Boys
- 100 M. Dash Girls
- 100 M. Dash Boys
- 1600 M. Run Girls
- 1600 M. Run Boys
- 800 M. Relay Girls
- 800 M. Relay Boys
- 400 M. Dash Girls

400 M. Dash	Boys
400 M. Relay	Girls
400 M. Relay	Boys
300 M. Low Hurdles	Girls
300 M. Intermediate Hurdles	Boys
800 M. Run	Girls
800 M. Run	Boys
200 M. Dash	Girls
200 M. Dash	Boys
3200 M. Run	Girls /Boys
1600 M. Relay	Girls
1600 M. Relay	Boys

Any questions, please call Christine Nier at cell # 715-432-3765.