

BAY CONFERENCE TRACK QUAD

Monday, April 22, 2024

- PARTICIPANTS:** New London, Shawano, West De Pere & Xavier
- OFFICIALS:** Bob Krueger (New London), Dave Kierstead (Neenah) & Pete Kittel (Brillion)
- MEET MANAGER:** Scott Eggart
Assistant Principal/Activities Director
West De Pere High School
Office Phone #: 920-338-5214
E-mail: seggart@wdpsd.com
- COACHES MEETING:** Coaches meeting will be held @ 3:30
- ENTRIES:** There is no limit on entries
- Anyone from a school may score, but only one relay team may score
- Day-of-meet entries (running and field) are allowed. These entries, although allowed, will not be seeded and will be placed in the last available lane(s)/position(s)
- PRIME TIME TIMING:** PT Timing will seed the meet, post heat/flight sheets, entry lists and results on line as soon as they are available
- The entry window will be open from Tuesday, April 16, 2024 @ 12:00 pm until Saturday, April 20, 2024 @ 12:00 pm
- TRAINER:** A certified Athletic Trainer will present throughout the entire meet
- CONCESSIONS:** Concessions will be available at the stadium throughout the meet
- RUNNING EVENTS:** Running events will start @ 4:15
- All runners in open events will be assigned a hip number and only anchor runners in relays will be assigned hip numbers
- There will be no trials for running events
- Sections will be conducted in the running events based on the “best times” with the slowest runners in the first section and fastest in the last section
- ALL MARKINGS SHOULD BE MADE IN CHALK. NO TAPE**
- FIELD EVENTS:** Field events will start @ 4:00
- Pole Vault and High Jump will be conducted in the five alive continuing flight procedure

Competitors will be allowed 4 attempts in long jump, triple jump, shot put & discus

ALL MARKINGS SHOULD BE MADE IN CHALK. NO TAPE

SCORING:

Team scoring will consist of four places for individual events (6-4-3-2-1)

Team scoring will consist of two places for relays (6-4-2)

A team can only have 3 individuals and 1 team can score team points in each event

TEAM CAMPS:

Team camps/tents should be set up in the field in the northwest corner of the track behind the concessions stand and according to the map provided

BULLPEN:

Please have athletes report to the bullpen on the first call

The bullpen will be located at the end of the track near the starting line (northwest corner of the track)

RESTRICTED AREAS:

Non-participating athletes and spectators will not be allowed inside of the fence surrounding the track

Athletes will not be allowed to linger on the turf inside of the track

**WHEELCHAIR
ATHLETES:**

Please inform West De Pere at least 24 hours prior to the meet if you will have a wheelchair participant

BAY CONFERENCE TRIANGULAR TRACK MEET

Time Schedule

- 3:30 Coaches Meeting behind the press box
- 3:50 End of field event and track warm-ups
- 4:00 Field Events Start
- Girls High Jump (Boys to follow after completion)
 - Boys Pole Vault (Girls to follow after completion)
 - Girls Long Jump (Boys to follow after completion)
 - Boys Triple Jump (Girls to follow after completion)
 - Girls Shot Put (Boys to follow after completion)
 - Boys Discus (Girls to follow after completion)
- 4:15 Running Events Start
- 3200 Meter Relay – Girls
 - 3200 Meter Relay – Boys
 - 100 Meter High Hurdle – Girls
 - 110 Meter High Hurdle – Boys
 - 100 Meter Wheelchair (if necessary)
 - 100 Meter Dash – Girls
 - 100 Meter Dash – Boys
 - 1600 Meter Wheelchair (if necessary)
 - 1600 Meter Run – Girls
 - 1600 Meter Run – Boys
 - 800 Meter Relay – Girls
 - 800 Meter Relay –Boys
 - 400 Meter Wheelchair (if necessary)
 - 400 Meter Dash – Girls
 - 400 Meter Dash – Boys
 - 400 Meter Relay – Girls
 - 400 Meter Relay –Boys
 - 300 Meter Low Hurdles – Girls
 - 300 Meter Intermediate Hurdles –Boys
 - 800 Meter Wheelchair (if necessary)
 - 800 Meter Run – Girls
 - 800 Meter Run – Boys
 - 200 Meter Dash – Girls
 - 200 Meter Dash – Boys
 - 3200 Meter Run – Girls
 - 3200 Meter Run – Boys
 - 1600 Meter Relay – Girls
 - 1600 Meter Relay – Boys