

WEST DE PERE TRACK & FIELD INVITE

Tuesday, May 7, 2024

- PARTICIPANTS:** Bay Port, De Pere, Denmark, Freedom, Hortonville, Luxemburg-Casco, Peshtigo & West De Pere
- OFFICIALS:** Bob Bins (New Franken), Mark Zahn (Seymour), Don Tolkacz (Hobart)
- MEET MANAGER:** Scott Eggart
Assistant Principal/Activities Director
West De Pere High School
Office Phone #: 920-338-5214
E-mail: seggart@wdpsd.com
- ENTRY FEE:** \$200.00 (\$100 per gender) – if you have not paid please pay as soon as possible
- COACHES MEETING:** Coaches meeting will be held @ 2:45 on the 50 yard line
- TRACK MARKINGS:** Please only use chalk on the track surfaces. **NO TAPE**
- ENTRIES:** Schools will be allowed entries as per WIAA Regional Format
- Each school may enter a maximum of:
- One entry in each relay event
 - 28 individual entries for boys and girls
 - There is a maximum limit of 3 in any individual event
 - An athlete may enter a maximum of 4 events, but no more than 3 running or 3 field events
 - A school not using all eligible entries may not fill those after Thursday's deadline
- Scratches and Substitutions
- Substitutions can be made following WIAA Regional Format for medical reasons. Substitutions can be made for extenuating circumstances with approval of a majority vote of coaches with each school having one vote
 - An individual may scratch from part of the meet without having to scratch from the entire meet
 - Scratches are allowed after the entry deadline, including the day of the meet, but no replacements are allowed
 - Any added athlete(s)/relay team will not be seeded.
- For relays
- Schools must enter individual names and a seed time
 - A maximum of 6 runners may be listed
 - Being listed as a relay team member counts as one of the four allowed events whether or not the student participates

- Coaches have until the Clerk of Course checks in teams to determine which runners will compete
- Relay seed times should consist of actual running times of the athletes that you think will be running (coaches should estimate if necessary)

AWARDS:

Awards to be given:

- 1st & 2nd place medals for all events

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 Thursday, May 2, 2024 until Sunday, May 5, 2024 @ 12:00 pm

TRAINER:

A certified Athletic Trainer will present and located near the finish line throughout the entire day

CONCESSIONS:

Concessions will be available at the stadium throughout the day

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

WARM UP LOCATIONS:

Warm ups should take place in the middle of the field by the team camps behind the concession stand. There are no warm ups on the infield turf

RUNNING EVENTS:

Running events will start @ 4:00

All runners in open events will be assigned a hip number and only anchor runners in relays will be assigned hip numbers

Qualifying from trials to finals will be the winner in each heat plus the next fastest time from any heat until all 8 lanes are filled.

Sections will be conducted in the remaining running events based on the “best times” with the slowest runners in the first section and fastest in the last section

FIELD EVENTS:

Field events will start @ 3:30

Top 9 will advance to finals in Shot Put, Discus, Long Jump, & Triple Jump

Shot Put and Discus will be competed in the order determined by season best performances sent in by the coaches. They will be conducted in flights with the Top 9 advancing to finals (after 3 trials).

Long Jump and Triple Jump will be competed in an open pit format with the Top 9 advancing to the finals (after 3 trials).

High Jump and Pole Vault will use the “Five Alive” continuing flight procedure. Starting heights will be determined by the Jury of Appeals prior

to the meet by counting down using the performance of the eighth best athlete then subtracting two increments (4" high jump and 1' pole vault).

High Jump starting height must be of an even numbered inch. The bar will be raised in 2" increments until there are only 6 competitors remaining at which time the bar will be raised in 1" increments.

Pole Vault starting height must be at a 6" or 12" increment. The bar will be raised in 6" increments until there are only 6 competitors remaining at which time the bar will be raised in 3" increments.

The schedule for the field events open pit is as follows:

3:30 – 4:15

Prelims for Girls Long Jump & Boys Triple Jump

4:15 – 4:30

Warm-ups for Finals of Girls Long Jump & Boys Triple Jump

4:30 – 5:00

Finals for Girls Long Jump & Boys Triple Jump

5:15 – 5:30

Warm-ups for Prelims of Boys Long Jump & Girls Triple Jump

5:30 – 6:15

Prelims for Boys Long Jump & Girls Triple Jump

6:15 – 6:30

Warm-ups for Finals of Boys Long Jump & Girls Triple Jump

6:30 – 7:00

Finals for Boys Long Jump & Girls Triple Jump

SCORING:

Team scoring will consist of 8 places for all individual events (10-8-6-4-3-2-1)

Team scoring will consist of 8 places for relays (10-8-6-5-4-3-2-1)

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

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

EXCHANGE ZONES:

Schools will be assigned to have coaches cover exchange zones in the following races:

800 Meter Relay

- 1st & 3rd exchange zones: Bay Port & Denmark
- 2nd exchange zones: Starters

400 Meter Relay

- 1st exchange zone: De Pere & Freedom

- 2nd exchange zone: Hortonville & Luxemburg-Casco
- 3rd exchange zone: West De Pere

MEDIA:

Results will be faxed to the Post Crescent (920-733-1945) and the Green Bay Press Gazette (920-431-8379)

If you need the results faxed anywhere else please provide the number

GAMES COMMITTEE: The games committee will consist of:

- Starter – Don Tolkacz
- Assistant Starter – Bob Bins
- Field Official – Mark Zahn
- Meet Manager: Scott Eggart
- Boys Coach: Luxemburg-Casco
- Girls Coach: West De Pere

**WHEELCHAIR
ATHLETES:**

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

West De Pere will have a wheel chair athlete

BAY CONFERENCE TRACK & FIELD MEET

Time Schedule

- 2:45 Coaches Meeting
- 3:15 End of field event and track warm-ups
- 3:30 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)
- 4:00 Running Events Start
- 1600 Meter Coed Wheelchair (if necessary)
 - 3200 Meter Relay – Girls
 - 3200 Meter Relay – Boys
 - 100 Meter Dash Trials – Boys
 - 100 Meter Dash Trials – Girls
 - 100 Meter High Hurdle Trials – Boys
 - 110 Meter High Hurdle Trials – Girls
 - **FIFTEEN MINUTE BREAK**
 - 100 Meter High Hurdle Final – Girls
 - 110 Meter High Hurdle Final – Boys
 - 100 Meter Dash Final – Girls
 - 100 Meter Dash Final – Boys
 - 100 Meter Coed Wheelchair (if necessary)
 - 1600 Meter Run – Girls
 - 1600 Meter Run – Boys
 - 800 Meter Relay – Girls
 - 800 Meter Relay – Boys
 - 400 Meter Coed 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 Run – Girls
 - 800 Meter Run – Boys
 - 800 Meter Coed Wheelchair (if necessary)
 - 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