

# 2024 Colby Track Meet

## Tuesday, May 7, 2024

### Teams:

Abbotsford, Antigo, Elk Mound, Hayward, Lakeland, Mosinee  
Northwestern, Owen-Withee, Rice Lake, Stanley-Boyd,  
Stratford

### Location:

Colby High School  
705 N 2nd St  
Colby, WI 54421

### Meet Manager

Bryon Graun, Colby Co-Athletic Director, Assistant Track &  
Field Coach bgraun@colby.k12.wi.us



### Trainer

Maddie, our trainer, will setup behind the timing tent at the finish line.

### Schedule

There will not be a coaches' meeting. All important meet information will be sent to coaches no later than noon on the day of the meet. Substitutions and scratches should be given to the timer by 4:15 by the finish line. No additions after registration is closed.

Field events—4:30 pm, 4x800m Relay—5:15 pm (being this is the last week before the post season we will not combine any races.) We will run it as a "normal" meet.

### Entries

Entries: 3 per team for each individual event, 1 relay.

PT Timing will be scoring the meet. Please submit your entries on MileSplit. Entries are open and will close on Sunday the May 5th at 12:00 pm (noon). If you miss the deadline, PT Timing will charge you fee to reopen entries.

Scoring as follows: Individual 10-8-6-5-4-3-2-1; Relay 10-8-6-5-4-3-2-1

### Officials

Barry Brubaker, Paul Rozak, Kevin Yeske

### Games Committee

Girls Coach—Albert G, Owen-Withee  
Boys Coach—Bob Seidl, Stanley-Boyd  
Meet Manager—Bryon Graun, Colby  
2 Starters

Alt: Boys Coach—Ben DiSera, Hayward, Alt: Girls Coach—Carla Wissbroecker, Antigo

### Shot & Discus

Weigh in and inspection will be done on the south side of the concession building, next to the Smith Brother's truck.

## Surfaces

Throwing areas – concrete  
Track and runways – rubberized surface  
1/4" spikes are allowed

**NO TAPE on track or runways. Chalk will be provided.**

## Reminders

Please email Pole Vault verification to [bgraun@colby.k12.wi.us](mailto:bgraun@colby.k12.wi.us) by 10:00 am the day of the meet.

## Restricted Area

The football field is a restricted area. This is especially the case behind the start/finish line. Unless you are meeting with the trainer you should not be behind the start/finish line. Coaches can cross the field but should not be gathering with their athletes inside the track. Only high jumpers and high jump coaches should be in the high jump area. We will have wrist bands for each jumper and 1 high jump coach for access to this area. Everyone else must be outside the track. Only competing athletes should be inside the fence/flagged areas of field events. Again, NO ONE is allowed behind the timing area inside the track. We do not want to disqualify competing athletes because someone is in a restricted area. When checking in athletes will have to walk through the bleachers, behind the bleachers or on the back side of the track. Again, athletes will not be allowed on the football field.

Coaches, please make sure your assistants and athletes know these expectations.

Clerk Of Course will be located at the northwest side of the track.

Set up camp south of the concessions building next to the fence—away from the track.

## Exchange Zones

### 4x200

Antigo, Abbotsford,  
Mosinee, Northwestern

### 4x100

1- Lakeland & Rice Lake  
2-Elk Mound, 3-Hayward

## Events & Meet Order

### 4:30 pm Field Events

(all field events are finals, NO trials)

Shot Put—Girls 2nd, Boys 3rd  
(3 Throws No Finals)

Discus—Boys 1st, Girls 2nd  
(3 Throws No Finals)

High Jump—Girls 1st, Boys 2nd

Pole Vault—Boys 1st, Girls 2nd

Triple Jump—Boys 1st, Girls 2nd  
Open Pit (3 jumps),

Long Jump—Girls 1st, Boys 2nd  
Open Pit (3 jumps),

### 5:15 pm Running Events

(all running events are finals, NO trials)

Girls followed by Boys

4x800m Relay  
100m/110m Hurdles  
100m Dash  
1600m Run  
4x200m Relay  
400m Dash  
4x100m Relay  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4x400m Relay

