



# Paul Frank Invite

## Meet Information

Sun Prairie East High School is excited to host the 8<sup>th</sup> Annual Paul Frank Invite on Friday, April 26<sup>th</sup>, 2024. This meet honors Paul Frank; lifelong Sun Prairie Cardinal Athlete, Coach, and Teacher who also served our country in the Persian Gulf War.

Here is some information for you to share with your coaching staff, athletes, and families.

### Participating Teams (16 boys & girls teams):

|                  |                  |                |              |
|------------------|------------------|----------------|--------------|
| Edgewood         | Jefferson        | Lancaster      | Madison East |
| Madison West     | Middleton        | Milwaukee King | Monona Grove |
| Monroe           | Mount Horeb      | Oregon         | Stoughton    |
| Sun Prairie East | Sun Prairie West | Verona Area    | Waunakee     |

### Meet Entries & Results:

- Teams are allowed a total of 28 athletes in individual events (with a max of three per event) and one entry per relay event.
- If you have a wheelchair athlete, please contact the meet director ASAP.
- PT Timing Information
  - Entries will open 9 days prior to the event (Wednesday, April 17th).
  - Entries must be completed by **Wednesday, April 24th at NOON Central Time**, visit [www.pttiming.com](http://www.pttiming.com).
  - If the deadline is missed, coaches should contact Sun Prairie East's Athletic Director and [info@pttiming.com](mailto:info@pttiming.com). Late entries will incur a \$200 late entry fee (at PT Timing's discretion).
  - Changes the day of the meet will take place at the finish line with PTTiming. Scratch & replace, we will not reseed any races.
  - Live results will be on PTTiming ([www.pttiming.com](http://www.pttiming.com)), no paper copies will be posted. Final results will be online at PTTiming.

### Admission, Parking, & Concessions:

Digital Ticket Purchase Link: <https://gofan.co/app/school/WI13631>

- **Free** - SPEHS Students with Athletics Pass/Adults 60+/Children 5-
- **\$4.00** - SPEHS Students without Athletics Pass/Visiting Students/Children 5+
- **\$6.00** - Home and Visiting Adults

Parking lots are located to the North and South of the high school. Parking outside of marked parking stalls may result in vehicles being ticketed and towed. Buses can drop off at the track, but should park in the faculty lot to the South of the high school. *See attached map for parking locations.*

Concession stands will be open, hosted by the Sun Prairie East Cross Country Booster Club.

### Track & Field Facilities:

All running and field events will be conducted on our 9-lane rubberized track. Pyramid spikes up to ¼" are allowed. Long and triple jump (20', 24', 28', 32', 36') have takeoff boards. Flats are required for the concrete surfaces at the shot and discus.

Restrooms are located near the concession stand at both the north and south end of the track. In case of severe weather, please meet with your team in the commons (Enter the school through Door 16).

Team areas and tents can be set in the soccer practice fields located just outside the fenced track area. Please keep your athletes out of the stands and have your athletes clean up their area at the conclusion of the meet. Team areas **should not** be set up near the baseball or softball fields and/or bleachers.

### Running Events:

Clerk of Course and hip numbers will be located at the Southeast corner of the track (near the start of the 100m dash). All running events are a timed final. There will be trials in the 100m dash and 100/110m hurdles with heat winners and the next fastest times (nine total athletes) advancing to the finals.

Co-ed wheelchair events will take place before the girls heats. Please see the Order of Events (WC).

The sprint relay zones are correctly marked. The exchange zones are 30 meters in length and marked with large triangles. Both tape & chalk can be used for marking the track. Chalk will be provided to athletes at each exchange zone for athletes to make the track.

### Field Events: 15 minute event check out

Long jump, triple jump, shot put, and discus athletes will have three attempts and then the top nine will be given an additional three attempts in finals.

Long and triple jump will have a 60 minute open pit followed by finals. There will be a 30 minute warm-up period between boys and girls competitions and a 10 minute warm-up period before finals.

Shot put and discus will be conducted in flights. Implements must be weighed in near the throwing circles (Northwest end of the track near the softball diamonds). There will be a 10 minute warm-up period between flights and finals. Co-ed wheelchair shot put will take place on Circle #2 at the start of the meet.

Boys and girls pole vaulters will be competing at the same time on two separate pits. Both pits are in the same D-pad area (adjacent to each other).

Opening heights for the pole vault and high jump will be determined after entries are submitted and announced at the coaches meeting. We will use the standard 8th place, then two heights down (1' for PV & 4" for HJ) for determining opening heights. Please keep this in mind when adding athletes to the vertical jump events.

### Awards:

Eight places will be scored in all events - 10, 8, 6, 5, 4, 3, 2, 1. Medals will be awarded to the top three individuals and relays in each event. Event champions will earn a Paul Frank Bandanna. First place teams will be awarded an 18" x 18" Paul Frank Champion Sign. Second place teams will be awarded a 12" x 12" Runner Up Sign.



### Coaches Information:

Coaches meeting at mid-field at 4:00. The Games Committee are Jen Grabarski (Waunakee) and Joff Pedretti (Verona Area) with Justin Beaver (Sun Prairie West) as an alternate.

### If you have any questions, please contact:

|              |                   |                                                                                    |              |
|--------------|-------------------|------------------------------------------------------------------------------------|--------------|
| Jim Ertel    | Athletic Director | <a href="mailto:jaertel@sunprairieschools.org">jaertel@sunprairieschools.org</a>   | 608-834-6713 |
| Doug Maughan | Head Coach        | <a href="mailto:dpmaugh@sunprairieschools.org">dpmaugh@sunprairieschools.org</a>   | 608-834-7669 |
| Joel Block   | Head Asst. Coach  | <a href="mailto:jeblock1@sunprairieschools.org">jeblock1@sunprairieschools.org</a> | 608-318-8070 |



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## Order of Events

**4:00 COACHES MEETING (Mid-Field)**

### **FIELD EVENTS**

**4:15 Boys Pole Vault (Richey pit #1)**  
**Girls Pole Vault (AAE pit #2)**  
**Boys Triple Jump, followed by Girls**  
**Boys Discus, followed by Girls**  
**Girls High Jump, followed by Boys**  
**Girls Long Jump, followed by Boys**  
**Girls Shot Put, followed by Boys**  
**Co-ed WC Shot Put (Circle #2)**

### **RUNNING EVENTS**

**4:30 100m Dash Trials (G/B)**  
**100/110m Hurdles Trials (B/G)**  
**3200m Relay (G/B)**  
**10 min Break w/ National Anthem**  
**100/110m Hurdles Finals (G/B)**  
**100m Dash Finals (Co-ed WC/G/B)**  
**1600m Run (Co-ed WC/G/B)**  
**800m Relay (G/B)**  
**400m Dash (Co-ed WC/G/B)**  
**400m Relay (G/B)**  
**300m Hurdles (G/B)**  
**800m Run (Co-ed WC/G/B)**  
**200m Dash (G/B)**  
**3200m Run (G/B)**  
**1600m Relay (G/B)**



# Paul Frank Invite

## Girls Meet Records

| <u>EVENT</u> | <u>EFFORT</u> | <u>NAME</u>                                                          | <u>SCHOOL</u>               | <u>YEAR</u>  |
|--------------|---------------|----------------------------------------------------------------------|-----------------------------|--------------|
| 3200m RELAY  | 9:53.99       | Carla Schwitters<br>Brinley Everson<br>Clare Buralow<br>Emily Berger | Waunakee                    | 2023         |
| 100m HURDLES | 15.00         | Ana Ashworth                                                         | Madison Memorial            | 2022         |
| 100m DASH    | 12.42         | Abby Groleay                                                         | Stoughton                   | 2022         |
| 100m WC      | 46.38         | Ella Phillips                                                        | Stoughton                   | 2022         |
| 1600m RUN    | 5:11.50       | Carissa Weyenberg                                                    | Kimberly                    | 2016         |
| 800m RELAY   | 1:45.99       | Ava Maradlaga<br>Annika Rufenacht<br>Nicole Repka<br>Lilly Wepking   | Verona Area                 | 2023         |
| 400m DASH    | 55.80         | Brooke Jaworski                                                      | Wausau West                 | 2018         |
| 400m RELAY   | 50.92         | Maddie Reott<br>Natiya Ballard<br>Annie Tangeman<br>Abby Groleau     | Stoughton                   | 2022         |
| 300m HURDLES | 46.19         | Sydney Arndt                                                         | Fond du Lac                 | 2022         |
| 800m RUN     | 2:20.94       | Sophie Petta                                                         | Verona Area                 | 2023         |
| 200m DASH    | 25.13         | Brooke Jaworski                                                      | Wausau West                 | 2018         |
| 3200m RUN    | 10:55.55      | Abigail Sadler                                                       | Mount Horeb                 | 2023         |
| 1600m RELAY  | 4:04.83       | Ava Maradlaga<br>Nicole Repka<br>Liz des Daas<br>Sophie Petta        | Verona Area                 | 2023         |
| LONG JUMP    | 17' 11"       | Mikaela Grant<br>Alexis Jackson                                      | Jefferson<br>Oregon         | 2016<br>2017 |
| TRIPLE JUMP  | 35' 4 ¼"      | Kiara Lee                                                            | Madison LaFollette          | 2017         |
| HIGH JUMP    | 5' 8"         | Kyla Saleh                                                           | Waunakee                    | 2021         |
| POLE VAULT   | 11' 0"        | Natalie Pfann<br>Zoe Jenks-Recker                                    | Sun Prairie<br>Monona Grove | 2017<br>2021 |
| SHOT PUT     | 40' 3 ¼"      | Emily Stendel                                                        | Jefferson                   | 2017         |
| SHOT PUT WC  | 9' 3"         | Ella Phillips                                                        | Stoughton                   | 2022         |
| DISCUS       | 128' 1"       | Anneka Cassel                                                        | Waunakee                    | 2023         |



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## Boys Meet Records

| <u>EVENT</u> | <u>EFFORT</u> | <u>NAME</u>                                                             | <u>SCHOOL</u>      | <u>YEAR</u> |
|--------------|---------------|-------------------------------------------------------------------------|--------------------|-------------|
| 3200m RELAY  | 8:08.49       | Charlie Ellenbecker<br>Ross Harford<br>James Giftos<br>Alex Klinkner    | Monona Grove       | 2018        |
| 110m HURDLES | 14.18         | Cordell Tinch                                                           | Bay Port           | 2018        |
| 100m DASH    | 10.93         | Jackson Acker                                                           | Verona Area        | 2021        |
| 100m WC      | 27.68         | Andrew Cassiday                                                         | Verona Area        | 2023        |
| 1600m RUN    | 4:20.77       | Finn Gessner                                                            | Madison LaFollette | 2016        |
| 800m RELAY   | 1:30.91       | Connor Stauff<br>John McLean<br>Jace Stolte<br>Cortez LeGrant           | Sun Prairie East   | 2023        |
| 400m DASH    | 48.27         | Andrew Regnier                                                          | Waunakee           | 2023        |
| 400m RELAY   | 43.33         | Connor Stauff<br>John McLean<br>Jerry Kaminski<br>Cortez LeGrant        | Sun Prairie East   | 2023        |
| 300m HURDLES | 39.96         | Abel Christiansen                                                       | Brookfield East    | 2018        |
| 800m RUN     | 1:56.48       | Hudson Kugel                                                            | Oregon             | 2017        |
| 200m DASH    | 22.35         | Quinn Calvin                                                            | Middleton          | 2021        |
| 3200m RUN    | 9:13.18       | Finn Gessner                                                            | Madison LaFollette | 2016        |
| 1600m RELAY  | 3:27.29       | Morris Seaton<br>Jas Wodricki<br>Justin Christiansen<br>Saxton Williams | Brookfield East    | 2017        |
| LONG JUMP    | 22' 11"       | Cordell Tinch                                                           | Bay Port           | 2018        |
| TRIPLE JUMP  | 46' 8"        | Jackson Meyer                                                           | Middleton          | 2021        |
| HIGH JUMP    | 6' 9"         | Jack Herkert                                                            | Verona Area        | 2016        |
| POLE VAULT   | 14' 0"        | Joe Vils                                                                | Oshkosh West       | 2016        |
| SHOT PUT     | 61' 10 ½"     | Landon Ellingson                                                        | Jefferson          | 2016        |
| SHOT PUT WC  | 10' 0"        | Andrew Cassiday                                                         | Verona Area        | 2023        |
| DISCUS       | 201' 6"       | Jackson Acker                                                           | Verona Area        | 2021        |



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## Team Champions

### GIRLS

| <u>YEAR</u> | <u>CHAMPIONS</u>          | <u>2nd PLACE</u> | <u>3rd PLACE</u> |
|-------------|---------------------------|------------------|------------------|
| 2023        | Waunakee                  | Verona Area      | Mount Horeb      |
| 2022        | Waunakee                  | Stoughton        | Fond du Lac      |
| 2021        | Sun Prairie               | Middleton        | Waunakee         |
| 2020        | ----- Meet Canceled ----- |                  |                  |
| 2019        | ----- Meet Canceled ----- |                  |                  |
| 2018        | Sun Prairie               | Wausau West      | Brookfield East  |
| 2017        | Sun Prairie               | Oregon           | Jefferson        |
| 2016        | Sun Prairie               | Brookfield East  | Jefferson        |

### BOYS

| <u>YEAR</u> | <u>CHAMPIONS</u>          | <u>2nd PLACE</u>   | <u>3rd PLACE</u> |
|-------------|---------------------------|--------------------|------------------|
| 2023        | Verona Area               | Sun Prairie East   | Sun Prairie West |
| 2022        | Sun Prairie               | Verona Area        | Jefferson        |
| 2021        | Sun Prairie               | Verona Area        | Middleton        |
| 2020        | ----- Meet Canceled ----- |                    |                  |
| 2019        | ----- Meet Canceled ----- |                    |                  |
| 2018        | Brookfield East           | Bay Port           | Sun Prairie      |
| 2017        | Brookfield East           | Monona Grove       | Verona Area      |
| 2016        | Brookfield East           | Madison LaFollette | Sun Prairie      |



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## Parking & Event Map

