



INDOOR MEET - SHEBOYGAN SOUTH

Participants: Cedar Grove-Belgium, Green Bay East, Port Washington, Racine Lutheran, Sheboygan South, and St. Augustine Prep

Schedule: Tuesday, March 19, 2024
4:00 pm – Coaches meet at start/finish line
4:30 pm – Field Events Start
5:00 pm -- Running Events

Entries:

1. Entries need to be submitted online at pttiming.com
 - Entries will open at 12:01 am on Sunday, March 10
 - The deadline for the entries is 6:00 pm on Monday, March 18th
 - Relays will be the 4x800, 4x160, 4x240, and 4x400
2. Athletes are limited to participating in a maximum of 4 events as per WIAA rules.
3. Two athletes per event - One relay team per school
4. We will allow 4 throwers, per gender, per school

Scoring: Individual Events: 10-8-6-4-2-1 Relays: 10-8-6-4-2

Accommodations:

- The athletic trainer will be provided by Aurora Sports Health. They will be stationed in the field house by the start/finish line.
- ***Camps should be set up in the commons - please keep the athletes bags etc out of the bleachers.*** Coaches remind athletes to clean the camp area before leaving.
- The Field house has a 160M track with 6 lanes on the straight and 4 lanes around. Pole vault and High Jump will be held on the infield while the long and triple jump pit is located on the outside of the track. Shot Put will compete in the Schumann Gym

Coaches Meeting:

- Meet by the start/finish line and scoring table at 4:00 PM for any scratches in event entries. Scratch and replace only! ***No separate scratch meeting will be held.***
- Starting heights for the Pole Vault and High Jump will be determined at the

meeting.

- Please make scratches/replacements to field event sheets as well
- Timing will be FAT

During Event Regulation:

- Please keep athletes and coaches from crowding the start/finish line, and they follow the official's rules for check-in and needing to get down in the infield.
- Remind athletes to be aware of the high jump, long/triple jump, and pole vault while moving throughout the gym.
- Please note that it is the expectation that coaches enforce this rule with their individual teams/athletes to assist with a smoothly run meet.

Field Event Notes:

1. Have your athletes report directly to their event and report to the event official.
2. Shot Put – Girls First - Will be held in the Schumann Gym - 4 attempts - no finals
3. Long Jump will go from 4:30-6:00 pm Cafeteria Style - 4 attempts - no finals
4. Triple Jump will go from 6:00-7:30 pm Cafeteria Style - 4 attempts - no finals
5. Pole Vault – Girls First -Starting Height TBD
 - a. **A reminder to all coaches to bring your pole vault weight verification sheets**
6. High Jump – Boys First -Starting Height TBD

Running Event Notes:

- All Field Events are finals
- Running events will have preliminary of the 55 H and 55 run
- 400M run will be done in alleys

Surfaces: **No spikes** may be worn on any surfaces indoors
Throwing events will be in the Schumann Gym

Admission: Adults \$3
Students \$1

Concessions: Concessions will be available throughout the meet in the commons

Results: Results are posted on PT timing and www.athletic.net after the meet.

Questions: Direct any track meet questions to **Lisa Herber** (girls head coach) at lherber@sasd.net or **Kevin Herber** (boys head coach) at kherber@sasd.net

Order of Events:

4:30 All Field Events

Shot Put - Girls First

High Jump - Boys First

Pole Vault - Girls First

Long Jump - combined 4:30-6:00 pm

Triple Jump - combined 6:00-7:30 pm

5:00 All Running Events

55 Hurdles Prelims

55m Run Prelims

3200m Relay

55m Hurdles

55m Run

1600m Run

960m (6 lap) Relay

400m Run

640m (4 lap) Relay

800m Run

200m Run

3200m Run

1600m Relay