



# Paul Frank Invite

## Meet Information

Sun Prairie East High School is excited to host the 10<sup>th</sup> Annual Paul Frank Invite on Friday, May 2<sup>nd</sup>, 2025. 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 (13 boys & girls teams):

Edgewood	Jefferson	Lancaster	Madison East
Middleton	Monona Grove	Mount Horeb	Oregon
Stoughton	Sun Prairie East	Sun Prairie West	Verona Area
Waunakee	Beaver Dam (WC Only)		

### Meet Entries & Results:

- Teams are allowed a total of 30 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 7 days prior to the event (Wednesday, April 23rd).
  - Entries must be completed by **Wednesday, April 30th at NOON Central Time.**
  - If the deadline is missed, coaches should contact Sun Prairie East's Athletic Director and [info@ptitiming.com](mailto:info@ptitiming.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.ptitiming.com](http://www.ptitiming.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> (cashless)

- **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 loop around and park in the main lot near the tennis courts until the school day is over at 4pm. After 4pm buses should move to the faculty lot South of the high school (near the greenhouse) to make room for spectator parking. 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 vaulter (south end) and high jump (north end) 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 4:15. The Games Committee will be Lauren Waller (Madison East) & Kyle Stiklestad (Lancaster) with Chad Kliefoth (Middleton) as an alternate.

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

Jenna Boberg	Athletic Director	<a href="mailto:jlboberl@sunprairieschools.org">jlboberl@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
Jolyn Cook	Game Manager	<a href="mailto:jlcook@sunprairieschools.org">jlcook@sunprairieschools.org</a>	715-551-5873
Denelle Gerber	Game Manager	<a href="mailto:dlgerbe@sunprairieschools.org">dlgerbe@sunprairieschools.org</a>	608-834-3657



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## Order of Events

**4:15 COACHES MEETING (Mid-Field)**

### **FIELD EVENTS**

**4:30 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 (pit #2)**  
**Boys High Jump (pit #1)**  
**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)**



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## 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 Brinley Everson Clare Burcalow Emily Berger	Waubesa	2023
100m HURDLES	15.00	Ana Ashworth	Madison Memorial	2022
100m DASH	12.42	Abby Groleay	Stoughton	2022
100m WC	24.91	Megan Egstad	Sun Prairie East	2024
1600m RUN	5:11.50	Carissa Weyenberg	Kimberly	2016
800m RELAY	1:45.22	Marilyn Codde Annika Rufenacht Nicole Repka Lilly Wepking	Verona Area	2024
400m DASH	55.80	Brooke Jaworski	Wausau West	2018
400m RELAY	50.92	Maddie Reott Natiya Ballard Annie Tangeman Abby Groleau	Stoughton	2022
300m HURDLES	46.19	Sydney Arndt	Fond du Lac	2022
800m RUN	2:20.94	Sophie Petta	Verona Area	2023
800m WC	3:22.20	Megan Egstad	Sun Prairie East	2024
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 Nicole Repka Liz des Daas Sophie Petta	Verona Area	2023
LONG JUMP	18' 2"	Kara Meeteer	Middleton	2024
TRIPLE JUMP	35' 8"	Megan Krueel	Lancaster	2024
HIGH JUMP	5' 8"	Kyla Saleh	Waubesa	2021
POLE VAULT	11' 0"	Natalie Pfann Zoe Jenks-Recker	Sun Prairie Monona Grove	2017 2021
SHOT PUT	40' 3 1/4"	Emily Stendel	Jefferson	2017
SHOT PUT WC	14' 9"	Megan Egstad	Sun Prairie East	2024
DISCUS	132' 4"	Anneka Cassel	Waubesa	2024



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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 Ross Harford James Giftos 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 John McLean Jace Stolte Cortez LeGrant	Sun Prairie East	2023
400m DASH	48.27	Andrew Regnier	Waunakee	2023
400m RELAY	43.33	Connor Stauff John McLean Jerry Kaminski 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 Jas Wodricki Justin Christiansen 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

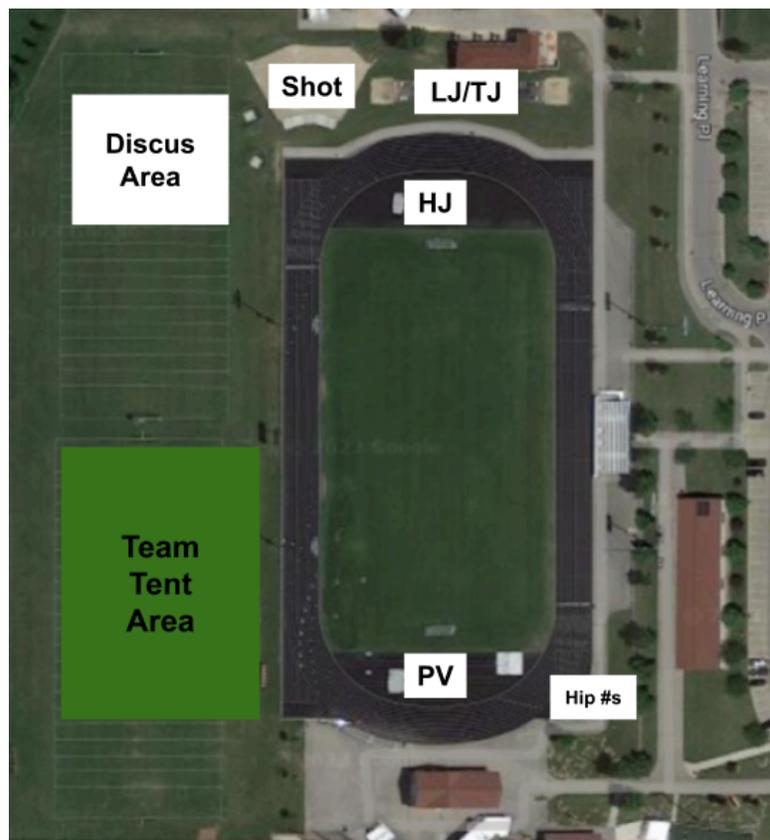
### BOYS

<u>CHAMPIONS</u>	<u>RUNNER-UP</u>	<u>YEAR</u>	<u>CHAMPIONS</u>	<u>RUNNER-UP</u>
Sun Prairie East	Waunakee	<b>2024</b>	Sun Prairie East	Verona Area
Waunakee	Verona Area	<b>2023</b>	Verona Area	Sun Prairie East
Waunakee	Stoughton	<b>2022</b>	Sun Prairie	Verona Area
Sun Prairie	Middleton	<b>2021</b>	Sun Prairie	Verona Area
----- Meet Canceled (Covid) -----		<b>2020</b>	----- Meet Canceled (Covid) -----	
----- Meet Canceled (Weather) -----		<b>2019</b>	----- Meet Canceled (Weather) -----	
Sun Prairie	Wausau West	<b>2018</b>	Brookfield East	Bay Port
Sun Prairie	Oregon	<b>2017</b>	Brookfield East	Monona Grove
Sun Prairie	Brookfield East	<b>2016</b>	Brookfield East	Madison LaFollette



# Paul Frank Invite

## Parking & Event Map





# EMERGENCY ACTION PLAN

## Sun Prairie East Track & Field



Before each contest, the host school game administrator or game manager will review emergency procedures with all vested parties, including, but not limited to:

- The head coaches for all competing teams (coaches meeting)
- The head official
- The event admin & or game manager
- The medical staff for both teams, including athletic trainers and sideline physicians (if applicable)

After introductions, the game administrator or athletic trainer will discuss:

- Venue specific plan if an injury to a player occurs.
  - Is there medical personnel present? Yes, Athletic Trainer, consult if needed
  - Is there access to the athletic training room? Yes, Room 2950 (inside door 16 & left down the athletic hallway)
    - If ambulance transport is needed, how will we request that?
      - Game Manager will call or delegate unless trainer is present and assisting
    - Access point for EMS: Baseball & Track Entrances
    - Where is the AED:
      - Inside Press Box Door (North End of Stadium)
      - Outside Boys Athletic Locker Room 2935
    - What other medical equipment is available: First Aid Kit, Stop the Bleed
    - Is there ice/heat/water- Yes in the Athletic Trainer Room 2950
  - Who is responsible for medical issues with non-competitors? (fans, band/cheer)
    - Event supervisor staff & or/game management, consult with onsite trainer as necessary
  - Venue specific plan for other game night issues
    - What is the evacuation plan for fire- N/A
    - Weather specific concerns:
      - Who will make weather decisions and communicate weather issues to teams: Head Official, Game Manager, Admin, SP East Head Coach
    - Where will athletes shelter if there is a tornado warning? Locker Rooms & Bathrooms (door 16)
    - Are there weather related concerns that warrant modifications in the event? (heat, cold, wind, rain) Lightning, Storm Warning, etc. - athletes/coaches go in door 16, then gather and wait for instruction in the cafeteria.
  - **Phone Numbers**
    - **Athletic Trainer, Ben Becker, 608-547-2574**
    - **Game Manager, TBD**
    - **Athletic Director, Jenna Boberg, 608-576-2444**
    - **Head Track Coach, Doug Maughan, 608-212-3210**
    - **Non-Emergency City of Sun Prairie Police Department, 608-837-7336**