

## 2024 WIAA Division 3 Regional Track and Field Meet

- Date: Monday, May 20
- Site: St. Mary Catholic High School  
1050 Zephyr Drive  
Neenah, WI 54956
- Times: 2:30 PM – Facility Opens  
2:45 PM – Implement Check-In (under bleachers)  
3:15 PM – Coaches Meeting (under bleachers)  
3:45 PM – Field Events Start  
4:15 PM – National Anthem  
4:30 PM – Running Events Start
- Teams: Almond-Bancroft, Iola-Scandinavia, Manawa, Marion-Tigerton, Oneida Nation, Rosholt, Shiocton, St. Mary Catholic, Tri-County, Valley Christian, Weyauwega-Fremont, Wild Rose
- Officials: Meet Referee: Jeff Kaufman  
Starters: Robert Bins, Bruce Zellner
- Trainer: Brandon Neuber, a licensed athletic trainer from Ascension and OSMS, will be available throughout the entire meet by the finish line.
- Entries: Detailed instructions can be found on the WIAA website. **The deadline for entries is 8:00am on Friday, May 17.**
- Scratches: Will only be allowed the day of the meet. Replacements only per WIAA rules.
- Heat Sheets: PTTiming will seed all events and will post all regional heat sheets on their website. No printed copies will be available at the meet.
- Coaches Meeting: The Coaches Meeting will begin at 3:15pm under the bleachers.
- Implement Check-In: Implement Check-In will run from 2:45pm – 3:15pm under the bleachers. All implements to be used in the shot put and discus must be checked in, verified and marked by meet workers. Any implement not approved may be picked up after the conclusion of the entire meet.

- Facilities:** Eight lane rubberized track and jumping surfaces.  
1/4 inch pyramid spikes or smaller are allowed on the rubberized surfaces.  
Only Athletic Tape on rubber surfaces - No chalk
- Team Camps:** Tents may only be placed on the grass practice field North of Zephyrs Field. The baseball and softball diamonds are off limits.
- Bullpen:** The bullpen is located in the northwest corner of the track. Hip numbers will be available at the athlete/coach entrance. Athletes failing to check in with the Clerk of Course in the bullpen will not be called.
- Field Event**  
**Schedule:** Field events will begin at 3:45pm with the following:  
Boys Pole Vault  
Boys Triple Jump  
Boys Discus  
Girls High Jump  
Girls Long Jump  
Girls Shot Put

Once these genders have been completed, the opposite gender will begin.

Preliminaries will be conducted in Discus, Long Jump, Shot Put and Triple Jump. Each competitor will receive three trials and the top 9 competitors will advance to the finals. The finalists will receive three additional attempts, with the winning distance coming from either the preliminaries or the finals. The finals will begin once the qualifiers have been announced. Finals will be conducted in reverse order following the 1-1-1 procedure. A strict 15-minute time limit for checking out will be enforced.

Discus and Shot Put will be conducted in flights with 10 minutes of warmups allowed between flights. The “open pit” system will be used for the preliminaries of Long Jump and Triple Jump. The “Five Active” continuing flight procedure will be used for High Jump and Pole Vault.

### Running Event

Schedule: Running events will begin at 4:30pm, but there is no exact time schedule for individual races.

1600 Meter Coed Wheelchair  
3200 M Relay (Girls and then Boys)  
100 M Dash Trials (Girls and then Boys)  
100 M High Hurdles Trials (Girls)  
110 M High Hurdles Trials (Boys)

15 Minute Break

110 M High Hurdles Finals (Boys)  
100 M High Hurdles Finals (Girls)  
100 Meter Coed Wheelchair Finals  
100 M Dash Finals (Girls and then Boys)  
1600 M Run Finals (Girls and then Boys)  
800 M Relay Finals (Girls and then Boys)  
400 Meter Coed Wheelchair Finals  
400 M Dash Finals (Girls and then Boys)  
400 Meter Relay Finals (Girls and then Boys)  
300 M Low Hurdles Finals (Girls)  
300 M Intermediate Hurdles Finals (Boys)  
800 M Run Finals (Girls and then Boys)  
800 Meter Coed Wheelchair Finals  
200 M Dash Finals (Girls and then Boys)  
3200 M Run Finals (Girls and then Boys)  
1600 M Relay Finals (Girls and then Boys)

### Exchange Zone

Umpires:

- 4x100 – Zone 1**
  - Almond-Bancroft & Iola-Scandinavia
- 4x100 – Zone 2**
  - Manawa & Marion-Tigerton
- 4x100 – Zone 3**
  - Oneida Nation & Rosholt
- 4x200 – Zones 1 & 3**
  - Shiocton, Tri-County & Valley Christian
- 4x200 – Zone 2**
  - Starters & Wild Rose

Jury of Appeals:

|               |                                    |
|---------------|------------------------------------|
| Starter:      | Robert Bins                        |
| Starter:      | Bruce Zellner                      |
| Meet Manager: | Matt Schoultz                      |
| Girls Coach:  | Tri-County                         |
| Boys Coach:   | Weyauwega-Fremont                  |
| Alternates:   | Iola-Scandinavia, Valley Christian |

Restricted Areas: There will be restricted areas, per WIAA rules, clearly marked with banner flags, rope, cones or paint. Those areas will be identified the day of the meet. The turf infield is off limits.

Results: Will be announced throughout the meet as events are completed and will be posted live online.

Scoring: Team scoring will consist of 8 places: 10-8-6-5-4-3-2-1

Awards: Following the completion of the all running and field events, we will present the Regional Championship Plaque to the winning Boys and Girls teams.

Admission: \$6.00 / \$1.00 for children under 6.

Concessions: Items will be sold throughout the duration of the meet.

Bathrooms: Restrooms will be available in the concessions building. No athlete, coach or spectator should enter the school.

**Bus Parking:** Buses are asked to drop off teams and then leave school grounds until 3:30pm when our high school and middle school students will be gone. After 3:30pm they should park on the North end of the parking lot, away from the Track Entrance.

Parking: Spectators may park in any area of the main parking lot behind the high school.

Questions? Contact St. Mary Catholic High School  
Athletic Director Matt Schoultz  
920-540-7762 or [mschoultz@smcatholicschools.org](mailto:mschoultz@smcatholicschools.org)  
Head Coach Chad McCartney  
920-250-2435 or [coachchadmccartney@gmail.com](mailto:coachchadmccartney@gmail.com)