East Lakeland Conference Track Meet
Bruce High School
Tuesday, May 20, 2025

Teams: Bruce, Cornell/Lake Holcombe, Flambeau, New Auburn, Prairie Farm, Shell Lake, Winter
Officials: Steven Gest, Thomas Lee, Krista Wold
Jury of Appeals: Flambeau girls coach, Prairie Farm boys coach **Alternate:** New Auburn

Times:
- Implement weigh-in will be by the press box and must be done no later than **3:45**
- Coaches meet 4**:00** near the timing tent. No substitutions or additions, only scratches.
- Field events will begin at **3:45.** Athletes must check-in prior to the start of competition.
  - Girls shot put, followed by boys
  - Boys' discus, followed by girls
  - Girls high jump, followed by boys (starting heights will be determined by WIAA rules)
  - Boys pole vault, followed by girls (starting heights will be determined by WIAA rules)
  - Boys and girls long jump will be cafeteria style
  - Boys and girls triple jump will be cafeteria style
- Running events will begin at **4:15** and follow the WIAA tournament order of events (on following page).
  - All runners must check in with the clerk at the south end of the track, behind the 100m start.

Entries:
- Teams are limited to 28 boys and 28 girls individual entries, with no more than 3 per event, and one relay team per relay event.
- Entries must be submitted online via https://pttiming.com/event.php?mid=2252&pt=schedule
  - Entries open May 11th.
  - **Entries are due by noon on Sunday, May 18**
- Each participant will be allowed 3 attempts per field event. Shot put, discus, long jump, and triple jump will conduct finals of the top 9 competitors (3 additional attempts).

Other Meet Information:
- All WIAA uniform rules will be enforced.
- Athletes excused from a field event will have 15 minutes from the time their name is called to return for their next trial. They must check-out with the event judge before leaving.
- Reminder: pole vault weigh-in forms must be dated no earlier than **May 18.**
- Running and jumping surfaces are rubberized. Athletes may wear ¼" pyramid spikes only.
- Coaches will be asked to assist with exchange zones for the 4x100m and 4x200m relays.
- Scoring will be 10-8-6-5-4-3-2-1 for both individuals and relays. Team trophies and medals for top 2 finishers will be awarded. Individual schools will need to print their own certificates for places 1-3.
- Entry fee of **$325** may be mailed or brought on the day of the meet.
- Please set up tents in the grassy areas outside the track (along the East side).
  - Athletes are asked to stay out of the infield if they are not preparing for competition.
- Concessions will be available.
- Restrooms will be available, but water fountains may not be available, so athletes should bring water.

Chassity Johnson, Woody Keeble -Co-Athletic Directors brucead@bruce.k12.wi.us *715-868-2585*

2023 West Lakeland Conference Track Meet Schedule

3:45 Implement weigh-in must be completed by 3:45 (by the press box)

4:00 Coaches meeting at the timing tent

Running Events	**Field Events**
4:15	Girls shot put prelims and finals
	Boys' discus prelims and finals
	Girls high jump
	Boys pole vault
	Boys and girls long jump <u>prelims</u> (cafeteria style until **5:45**)
	Boys and girls triple jump <u>prelims</u> (cafeteria style until **5:45**)

5:00 4x800m relay - Girls / Boys

100m dash <u>prelims</u> - Girls / Boys

100m hurdles <u>prelims</u> - Girls

110m hurdles <u>prelims</u> - Boys

200m dash <u>prelims</u> - Girls / Boys

15-minute break
(Finals will be heat winners and
next best times to fill 8 lanes)

100m hurdles finals - Girls	Boys shot put follows completion of Girls
110m hurdles finals - Boys	Girls' discus follows completion of Boys
100m dash finals - Girls / Boys	Boys high jump follows completion of Girls
1600m run - Girls / Boys	Girls pole vault follows completion of Boys
4x200m relay - Girls / Boys	
400m dash - Girls / Boys	Long jump finals - Girls and Boys (approximately 6:00)
4x100m relay - Girls / Boys	Triple jump finals - Girls and Boys (approximately 6:00)
300m hurdles - Girls / Boys	
800m run - Girls / Boys	
200m dash finals - Girls / Boys	
3200m run - Girls / Boys	
4x400m relay - Girls / Boys	