

## **2100 TRACK & FIELD (BOYS & GIRLS)**

### **2110 Dates/Schedules**

- 2111 Earliest Practice Date - March 9, 2026
- 2112 Earliest Meet - March 17, 2026
- 2114 CONFERENCE INDOOR MEETS  
Girls' Varsity @ Germantown – Tuesday, March 24, 2026 4pm  
Boys' Varsity @ Brookfield East – Wednesday, March 25, 2026 4pm
- 2115 CONFERENCE RELAYS  
Coed @ Wauwatosa West – Wednesday, May 6, 2026  
1:30pm Field Events; 4:00pm Running Events  
Raindate - Thursday, May 7, 2026
- 2116 CONFERENCE OUTDOOR  
Coed Varsity @ West Allis Nathan Hale – Monday, May 18, 2026  
1:30pm Field Events; 3:30pm Running Events  
Raindate – Tuesday, May 19 or Wednesday, May 20, 2026 depending on  
weather forecast  
Coed JV @ Brookfield Central – Saturday, May 16, 2026 9am
- 2117 WIAA MEETS  
Regional – Tuesday, May 26, 2026  
Sectional – Friday, May 29, 2026  
State – Friday & Saturday, June 5 & 6, 2026
- 2118 END OF SEASON MEETING – Tuesday, June 9, 2026 4:00 PM at Menomonee  
Falls HS.
- 2119 Whenever it is practical the scheduling of GMC meets will follow the guidelines  
below.

Teams hosting GMC Events should meet to discuss workers for GMC Events to  
avoid duplication of assignments.

**Boys Varsity Indoor**—Fourth Tuesday of the season

**Girls Varsity Indoor**—Fourth Wednesday of the season

**JV Indoor**—Saturday after the Varsity meets. Boys will compete first in even  
numbered years and girls first in odd numbered years.

**Relay Meet**—Wednesday two weeks prior to the Conference meet

**Varsity Conference**—Tuesday prior to the WIAA Regional

**JV Conference**— Saturday prior to the Varsity Conference meet

## 2120 Regulations

- 2121 Track & Field will be governed by the rules and regulations of the sport listed in the WIAA Handbook and Spring Sports regulations except as stated in these By-Laws.
- 2122 Juniors and Seniors who compete at the JV Meet may not compete at the Varsity Meet. Freshmen and sophomores may compete at the JV and Varsity Meets, and are restricted to 4 events. The events must be alternating; if a freshman or sophomore compete in a running event at the JV Meet, they can only compete in a Field Events at the Varsity Meet. If they compete in a field event at the JV meet, they can only compete in a running event at the Varsity meet. If an athlete is in violation of this rule, that athlete will be disqualified from the second meet.

## 2130 Contest Guidelines

- 2131 Regardless of circumstances, any late entries will not be seeded for any of our GMC meets (Indoor Varsity and JV, Relays, Outdoor Varsity and JV).
- Entries for the GMC meets should be submitted online. Entry times should be submitted as actual FAT times if available. Appropriate adjustments should be made to account for the track length where efforts occurred. If times are not available an estimate with a .24 conversion must be submitted. Names for the relays including alternates should be submitted with entries. Final changes in the relays will be allowed at the pre-meet meeting. If possible, tournament hosts should provide lists of relay entries for the seed meeting and only require coaches to submit changes and confirm entries at the seed meeting. If names cannot be submitted online, the host school will provide a faxable form to be used for relay names. **If a time cannot be substantiated by meet results, a “NO TIME” will be given for seeding purposes.**
- 2132 Each school will be allowed to have three (3) competitors in each event and one (1) relay team per event. An athlete is limited to four (4) events per WIAA Rules.
- 2133 A Varsity athlete may be scratched and replaced in GMC Meets but may NOT be scratched and moved to another event.
- 2134 **SCORING**  
Individual Events: Eight place scoring will be used. Field Event Relays need 1 entry to score in the GMC Relay Meet.  
(10-8-6-5-4-3-2-1)
- Relays (Including Conference Relay Meets): Eight place scoring will be used.  
(10-8-6-5-4-3-2-1)
- 2135 Hosting schools for GMC Indoor will share the previous year’s results with the meet letter. This will serve as a guide on a 160 track for seed time purposes.

## **Order of Events:**

### **Running Events - Indoor**

1600M Co-Ed Wheel Chair  
3200 M RELAY  
55 M HH (Will be run in 2 heats of three)  
55 M IH/LH  
55M Co-Ed Wheel Chair  
55 M DASH FINALS  
1600 M RUN  
6 LAP RELAY  
400M Co-Ed Wheel Chair  
400 M DASH  
4 LAP RELAY  
800 M RUN  
800M Co-Ed Wheel Chair  
200 M DASH  
3200 M RUN  
1600 M RELAY

### **Field Events – Indoor**

Long and Triple Jump – 4 jumps no finals  
Shot Put – 3 Throws and then top 9 to finals with an additional 3 throws.  
High Jump – 5 alive rotation will be used in the varsity meet\*  
Pole Vault – 5 alive rotation will be used in the varsity meet \*

#### Indoor:

Pole Vault – Two increments below the 10<sup>th</sup> seed  
High Jump – Two increments below the 10<sup>th</sup> seed  
Flights in Shot Put will be seeded.

- 2136 The Conference Relay Meet will be held on Wednesday two weeks prior to the Conference Outdoor Meet. Pole Vault will begin at 1:30 PM, other field events will begin at 2:30 PM, running events will begin at 4:00 PM. Entries for the Conference relay meet must include names of individual competitors. A Varsity athlete may be scratched and replaced in GMC Meets but may NOT be scratched and moved to another event.

## Order of Events - Conference Relays

DISTANCE MEDLEY RELAY - Girls (1200-400-800-1600)  
 DISTANCE MEDLEY RELAY - Boys (1200-400-800-1600)  
 300 M HH Timed Races – Girls (finish is at the common finish line)  
 330 M HH Timed Races - Boys  
 400 M RELAY - Girls  
 400 M RELAY – Boys  
 15 minute break  
 6400 M RELAY – Girls (Seed Two Heats Slow/Fast)  
 6400 M RELAY – Boys\* (Seed Two Heats Slow/Fast)  
 800M MEDLEY RELAY-Girls (100-100-200-400)  
 800 M MEDLEY RELAY-Boys (100-100-200-400)  
 900 M LH - Girls  
 900 M IH - Boys  
 800 M RELAY - Girls  
 800 M RELAY - Boys  
 3200 M RELAY - Girls  
 3200 M RELAY - Boys  
 1600 M RELAY - Girls  
 1600 M RELAY - Boys

### Field Events - Conference Relays (3 Athletes)

Relay Field Event Rotations	Even Numbered Years	Odd Numbered Years	Start Times
<b>Pole Vault</b> See Height Sequences	Opposite the WIAA Regional Rotations	Opposite the WIAA Regional Rotations	1:30
<b>Shot Put</b> Four throws NO FINALS see draw	Opposite the WIAA Regional Rotations	Opposite the WIAA Regional Rotations	2:30 Format 1-1-1-1
<b>Discus</b> Four throws NO FINALS see draw	Opposite the WIAA Regional Rotations	Opposite the WIAA Regional Rotations	2:30 Format 1-1-1-1
<b>High Jump</b> See Height Sequences	Opposite the WIAA Regional Rotations	Opposite the WIAA Regional Rotations	2:30
<b>Long Jump</b> Open pit—4 jumps— Jumper may piggy-back jumps 2 and 4	Opposite the WIAA Regional Rotations	Opposite the WIAA Regional Rotations	2:30
<b>Triple Jump</b> Open pit—4 jumps— Jumper may piggy-back jumps 2 and 4	Opposite the WIAA Regional Rotations	Opposite the WIAA Regional Rotations	2:30

**High Jump Height Sequences**

<u>GIRLS</u>	<u>BOYS</u>
4'0"	5'0"
4'3"	5'3"
4'6"	5'6"
4'8"	5'8"
4'10"	5'10"

**Pole Vault Height Sequences**

<u>GIRLS</u>	<u>BOYS</u>
6'	8'6"
7'	9'6"
8'	10'6"
8'6"	11'

Ties in any of the eight (8) places in the high jump and pole vault will be broken by total team misses. Ties in other field events will not be broken.

**Conference Outdoor**

2137 The Conference Outdoor will be held on the Tuesday prior to the WIAA Regional. Pole Vault will begin at 1:30 PM, all other field events will begin at 2:30 PM. There should be 45 minutes warm-up between genders in pole vault. Running events will begin at 3:30 PM.

**Order of Events - Outdoor****Running Events - Girls First, Boys Second**

1600M Co-Ed Wheel Chair  
 3200 M RELAY  
 100 M - TRIALS  
 100 M HH - TRIALS  
 110 M HH - TRIALS  
 20 min. BREAK  
 HH – FINALS  
 100M Co-Ed Wheel Chair  
 100 M DASH - FINALS  
 1600 M RUN  
 800 M RELAY  
 400 M Co-Ed Wheel Chair  
 400 M DASH  
 400 M RELAY  
 300 M LH - Girls  
 300 M IH - Boys  
 800 M RUN  
 800 M Co-Ed Wheel Chair  
 200 M DASH  
 3200 M RUN  
 1600 M RELAY

Wheel Chair Shot Put competes with the appropriate gender.

**Field Events – Outdoor**

<b>Outdoor Field Event Rotations</b>	<b>Even Numbered Years</b>	<b>Odd Numbered Years</b>	<b>Start Times</b>
<b>Pole Vault</b> Vaulters will utilize the 5 alive rotation	Follow the WIAA Regional Rotations. Starting height will be set at two increments below the 10 <sup>th</sup> seed	Follow the WIAA Regional Rotations. Starting height is will be set at two increments below the 8 <sup>th</sup> seed	1:30
<b>Shot Put</b> Seeded event—3 throws in trials—top 9 to finals—3 throws in reverse order	Follow the WIAA Regional Rotations	Follow the WIAA Regional Rotations	2:30
<b>Discus</b> Seeded event—3 throws in trials—top 9 to finals—3 throws in reverse order	Follow the WIAA Regional Rotations	Follow the WIAA Regional Rotations	2:30
<b>High Jump</b> Height must be increased in 2” increments	Follow the WIAA Regional Rotations. Starting Height will be set at two increments below the 10 <sup>th</sup> seed	Follow the WIAA Regional Rotations. Starting Height will be set at two increments below the 10 <sup>th</sup> seed	2:30
<b>Long Jump</b> Open pit—3 jumps—Jumper may piggy-back—Top 9 to finals—3 jumps in reverse order--no piggy-back	Follow the WIAA Regional Rotations	Follow the WIAA Regional Rotations	2:30
<b>Triple Jump</b> Open pit—3 jumps—Jumper may piggy-back—Top 9 to finals—3 jumps in reverse order--no piggy-back	Follow the WIAA Regional Rotations	Follow the WIAA Regional Rotations	2:30

\*JV Outdoor will follow the same rotations for field events as the Varsity meet. Starting heights for the JV meet will be set by the coaches at the coaches' meeting. JV meet will have four jumps and four throws with no finals in the long jump, triple jump, shot and discus.

2138 All Varsity Conference Meets shall be run on an eight-lane track. Rotation of meets between schools with eight-lane tracks.

**2140 Awards**

2141 A Championship Bar will be awarded to the Indoor, Relay and Outdoor Champions.

- 2142 Conference Medals will be awarded first to third in all events (individual and relays) for the indoor, relays and outdoor meets.
- 2143 All Conference selections shall be based solely on the Conference Meet.
- 2144 Scholar Athlete Awards will be given to all junior and senior athletes with a GPA above 3.5.
- 2145 “Athlete of the Year” Award will be selected by a vote of the GMC coaches at the end of season meeting.
- 1-Each school may nominate one athlete per team.
  - 2-Coaches may vote for their own athlete.
  - 3-Girls’ coaches vote for Girl AOY and Boys’ coaches vote for Boy AOY.
  - 4-Coaches must bring eight copies of nomination form to distribute to other GMC coaches.
- 2145.1 There will be no ties for “Athlete of the Year.” Coaches will have three tried to break ties. If they are unable to break the tie for “Athlete of the Year,” the Athletic Directors will break the tie and determine the “Athlete of the Year.”
- 2146 Coaches and their representatives attending the end-of-season meeting must not discuss All-Conference nominations or the voting process with anyone outside the meeting. Coaches can inform their players about the All-Conference selections for their respective team before the State Tournament. However, they must not disclose selections from other teams or share any information on social media (regarding their own team’s recipients or others) until AFTER the State Tournament concludes or after the last GMC team has been eliminated, whichever comes first.

## **2150 Rotation to host GMC Meets**

Indoor: Germantown Varsity Girls

Indoor: Brookfield East Varsity Boys

Relays: Wauwatosa East 2025, Wauwatosa West 2026, West Allis Hale 2027

Outdoor Varsity: Wauwatosa West 2025, West Allis Hale 2026, Brookfield Central 2027

Outdoor JV: West Allis Nathan Hale 2025, Brookfield Central 2026, DSHA 2027