

WIAA REGIONAL
TRACK & FIELD MEET
MONDAY, MAY 23, 2022
HOSTED BY COLBY HIGH SCHOOL

Teams:

Abbotsford, Assumption, Colby, Columbus Catholic, Granton, Greenwood, Loyal, Neillsville, Nekoosa, Pittsville, Port Edwards, Spencer

Location:

Colby High School
705 N 2nd St
Colby, WI 54421



Meet Contacts:

Bryon Graun, Meet Manager, Colby Co-Athletic Director, Assistant Track & Field Coach,
bgraun@colby.k12.wi.us, 414-807-8628

Christie Wright: Colby Head Coach, cwright@colby.k12.wi.us

Trainer

Maddie, our trainer, will setup behind the timing tent at the finish line.

Schedule

There a short coaches' meeting at 3:45pm. Scratches should be given to the timer by 3:45 at the finish line. No additions after registration is closed.

TIMES:

- 3:00 Teams can arrive for camp set-up
- 3:15 Track and Field Events Open for Warm-ups
- 3:45 Coaches Meeting
- 4:15 Field Events
- 5:00 Running Events—4x800m Relay

Spectators/Admissions:

We will be charging admissions of \$6.00 for all spectators per WIAA.

Bus Parking:

Buses can park along the west side of the track.

Entries

A school may enter a maximum of:

1. One entry in each relay event.
2. 28 individual event entries.
3. There is a maximum limit of three in any individual event.
4. A school not using all eligible entries may not fill these spots after the Sunday, May 15th, entry deadline.

RELAY EXCHANGE ASSIGNMENTS:

Please have a coach at the exchange during the assigned relay

4x200

- 1st & 3rd
- Abbotsford
- Assumption
- Columbus
- Greenwood

4x100

- 1st —Granton & Spencer
- 2nd—Nekoosa & Pittsville
- 3rd—Loyal & Neillsville

An athlete may enter a maximum of four events, but in no more than three running or three field events. Being listed as a alternate on a relay team(s) counts as an event.

Entries

1. Schools will make their entries on-line at Milesplit.com: <https://wi.milesplit.com>.
2. Entries must be made NO later than 8:00 a.m., Friday, May 20th, prior to the regional meet.

Entries Open, I will let you know with entries are open through MileSplit and they will Close, Friday, May 20th, 2022 at 8:00 a.m.

The PT-Timing will be providing the timing and scoring for this year's meet.

Meet managers have no authority to allow substitutions in individual events on the day of the meet except:

1. If a coach presents a medical statement signed by a medical professional that a student cannot participate.
2. If the WIAA Assistant Director approves a change.
3. Individual(s) involved in substitutions will not be reseeded, but will assume the same section, heat, lane, and/or flight assignment of the original entry.

Scratches are allowed the day of the meet, but no replacements are allowed except as indicated above.

1. An individual may scratch from part of the meet without having to scratch from the entire meet.
2. An individual who is already entered in an event(s) cannot scratch from one event to replace a student in another event.
3. Seed times should consist of the actual running times of the students listed for the current season.

Relays

1. Schools must list individual names and a seed time on the Tournament Entry Form.
2. A maximum of six students may be listed.
3. Additional relay substitution names, may be done based on the information above. The substitution must be approved by the conference commissioner. This new substitute may not exceed four events from his/her original entries.
4. Being listed as a relay team member counts as one of the four allowed events whether or not the student participates.
5. Coaches have until the Clerk of Course checks in the teams to designate which listed runners will compete.
6. Relay seed times should consist of the actual running times of the students listed from the current season, not the fastest season relay time. Coaches should estimate if necessary.

Scoring as follows: Individual 10-8-6-5-4-3-2-1; Relay 10-8-6-5-4-3-2-1

Officials

Paul Rozak, Barry Brubaker, Paul Rozak, Jason Fullerton

Games Committee

Girls Coach—Greenwood, Steve Geisthardt

Meet Manager—Bryon Graun

Alt: Boys Coach—Neillsville, Adam Luchterhand

Boys Coach—Loyal, Jim Genteman

2 Starters

Alt: Girls Coach—Pittsville, Bob

Surfaces

Throwing areas – concrete

Track and runways – rubberized surface

1/4" spikes are allowed

NO TAPE on track or runways. Chalk will be provided.

Shot & Discus

Weigh in and inspection will be done on the northeast side of the concession building.

Awards:

Team: 1st Place Team Plaque

Format for Competition:

Per WIAA Tournament format.

Field Events: Trials of 3 jumps/throws in the long jump, triple jump, shot put, and discuss. The top 9 competitors from trials will have 3 additional attempts in finals which will be run in reverse order. The best mark from trials and finals will be recorded in the results.

Running Events: 100m hurdles, 110m hurdles, 100m dash, and 200m dash will have trials and finals. Nine competitors will compete in finals which will be made up of heat winners and next the best times to fill the field.

Meet event order is listed below.

Restricted Area

The football field is a restricted area. Only athletes who are competing in the next event should be in this area. This is especially the case behind the start/finish line. Unless you are meeting with the trainer you should not be behind the start/finish line. Coaches can cross the infield field but should not be gathering with their athletes inside the track. Only high jumpers and high jump coaches should be in the high jump area. Everyone else must be outside the track. Only competing athletes should be inside the fence/flagged areas of field events. Again, NO ONE is allowed behind the timing area inside the track. We do not want to disqualify competing athletes because someone is in a restricted area.

Reminders

- Coaches, please make sure your assistants and athletes know these expectations.
- Clerk Of Course will be located at the northwest side of the track.
- Set up camp south of the concessions building next to the fence—away from the track.
- **Please email Pole Vault verification to bgraun@colby.k12.wi.us by 10:00 am the day of the meet.**
- Concessions: Available on site
- Restrooms: Available on site
- No one in the school unless we have a weather emergency.

Events & Meet Order

4:15 pm Field Events

3 jumps/throws top 9 to finals, 3 additional jumps/throws in finals

Shot Put—Girls 1st, Boys 2nd
(3 throws, trials & finals)

Discus—Boys 1st, Girls 2nd
(3 throws, trials & finals)

High Jump—Girls 1st, Boys 2nd

Pole Vault—Boys 1st, Girls 2nd

Triple Jump—Boys 1st, Girls 2nd
Open Pit (3 jumps, trials & finals)

Long Jump—Girls 1st, Boys 2nd
Open Pit (3 jumps, trials & finals)

5:00 pm Running Events

9 competitors to finals

4x800m Relay
100m Dash trials
100m/110m Hurdles trials
200m Dash trials
15 minute break
100m/110m Hurdles finals
100m Dash finals
1600m Run
4x200m Relay
400m Dash
4x100m Relay
300m Hurdles
800m Run
200m Dash finals
3200m Run
4x400m Relay

