



WIAA Regional Championships Watertown Division 1 Regional Monday, May 22nd, 2023

Welcome to WIAA Regional Championships hosted by Watertown. The stadium opens to visiting teams at 3:00 p.m. The coaches' meeting is at 3:15 p.m. in the shed on the southwest corner of the track. Field events begin at 4:15 p.m. and running events begin at 5:00 p.m.

WIAA TOURNAMENTS RULES AND REGULATIONS

Please refer to the [WIAA Track and Field Tournament Regulations](#).

ENTRIES

Submit entries through [Mile Split WI](#) by 8:00 a.m. on Friday, May 19th, 2023. The exact entry link is <https://wi.milesplit.com/meets/554584/registration>.

INDIVIDUAL EVENTS

Each school is allowed 28 individual female entries and 28 individual male entries with a maximum of three individuals per event. An individual may compete in a maximum of four events, but no more than three running or three field events.

HIP NUMBERS

Athletes in the 800, 1600, and 3200 meter runs will be given hip numbers upon checking in with the clerk. Numbers must be placed on the athlete's left hip.

RELAY EVENTS

Runners are allowed to mark the track with tape or chalk.

FIELD EVENTS

If an athlete has been called to participate in another event, the athlete must personally check out with the field event judge. Excused competitors have a maximum of 15 minutes from the time they are called up in order until they must make themselves available for their next trial.

LONG JUMP AND TRIPLE JUMP

Preliminaries will be run as a 60-minute open pit and each athlete gets three jumps. After a ten-minute break, the nine finalists will compete in reverse order taking their jumps in a 1-1-1 format.

Jumpers should put their marks down for their starting spot on the side of the runway. No tape or chalk may be marked on the runway.

HIGH JUMP AND POLE VAULT

Starting heights will be determined by seeds and included in the heat sheets. High jump and pole vault will be run in a 5-Active, 1-1-1 Format.

Meet management sets the pole vault standards.



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SHOT PUT AND DISCUS

Weigh-ins will take place from 3:00 - 3:45 p.m. in the shed on the southwest corner of the track.

Each athlete gets three throws in the preliminaries and each finalist gets three throws in the finals. Those throws will be taken in a 1-1-1 format. There will be 15 minutes of warm-up time between flights. After a ten-minute break, the nine finalists will compete in reverse order.

HEAT SHEETS & CHANGES

Heat sheets will be available on the [Watertown Track and Field Website](#) on Saturday, May 20th. Omitted entries may be added at the coaches meeting with approval of the WIAA office. Scratches can be made at the coaches meeting. No reseeding of the heats will occur unless to reduce the number of heats.

Each coach will also sign the *Sportsmanship Form* at the coaches meeting.

SHOES

Spikes of ¼ inch length are allowed on all areas of the track. The shot and discus pads are cement.

TEAM AREA

The team area is outside the track. Please ask your athletes to keep their area clean during and after the meet. Concessions will be available throughout the meet. There is an admission fee of \$6.00 for all spectators. **No pets are allowed at the meet.**

RESTRICTED AREA

The track and field inside the fence is restricted. Once an athlete has completed the event, he/she must move to an area outside the track. In the field, the roped areas are restricted. The press box is also a restricted area.



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CLERK

The Clerk of Course will be located near the starting line for the 100 meters for each event except the 200 meter dash and 300 meter hurdles which will be clerked near the starting lines of those events. Please have all of your runners report to the Clerk for their races. The events will be verbally called.

If you have any questions, please feel free to contact me.

Sincerely,

Chris Mertens

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TEAMS COMPETING

Beaver Dam
Cedarburg
Germantown
Hartford Union
Slinger
Watertown
West Bend East
West Bend West

OFFICIALS

Tom Bock
Don McNaughton
Thomas Johnson

JURY OF APPEALS

2 WIAA Starters
Chris Mertens – Meet Manager
Paulina Fote – Germantown Boys Coach
Bob Sliwinski – Hartford Girls Coach
Alternate – Chris Servais – Cedarburg Boys Coach
Alternate – Mary Helgemoe – Beaver Dam Girls Coach

SCORING All events will be scored 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1.

AWARDS A team plaque for the meet champion will be awarded.

RESULTS Live results should be available at <http://www.milesplit.live/timers/1048>.
Results will be available at <https://sites.google.com/a/mywusd.org/track/>.



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TIME SCHEDULE

3:00 Stadium Opens

3:15 Coaches Meeting

4:15 **Field Events Begin**

Discus Boys / Girls

High Jump Girls / Boys (Run Simultaneously)

Long Jump Girls / Boys

Pole Vault Boys / Girls

Shot Put Girls / Boys

Triple Jump Boys / Girls

5:00 **Running Events Begin** Girls / Boys

1600 Meter Coed Wheelchair

3200 Meter Relay

100 Meter Dash Trials (8 Advance to Finals: Heat Winners + Fastest Times)

100 / 110 Meter Hurdles Trials (8 Advance to Finals: Heat Winners + Fastest Times)

200 Meter Dash Trials (8 Advance to Finals: Heat Winners + Fastest Times)

*****15-minute break*****

100 / 110 Meter Hurdles Finals

100 Meter Coed Wheelchair

100 Meter Dash Finals

1600 Meter Run

800 Meter Relay

400 Meter Coed Wheelchair

400 Meter Dash

400 Meter Relay

300 Meter Hurdles

800 Meter Run

800 Meter Coed Wheelchair

200 Meter Dash

3200 Meter Run

1600 Meter Relay