

Port Washington High School
Athletic Department
Nate Hinze, Athletic Director
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NSC VARSITY RELAYS TRACK & FIELD MEET

Wednesday, May 4th, 2022

Port Washington High School 4:00pm

ENTRIES: All entries will be completed online [@wi.milesplit.com](https://www.wi.milesplit.com) by May 2 @ 10:00 PM.

Please see below for entry information and NSC rules.

Entry Procedure

Coaches will need to create a free account at [wi.milesplit.com](https://www.wi.milesplit.com) to access registration. During this time period you are able to add athletes and edit entries. Deadline for entries is two days prior to meet date at 10pm, May 2nd, 2022. Please declare your entries on time. If you have any questions please call Nate or Chad at 414-322-2231 or email them at: Tracksidetiming@gmail.com.

1. ¼" spikes or less will be permitted.
2. 6-lane track.
3. Concessions will be available.
4. Team camps will only be allowed along the west side of the track
5. Marshalling area (Clerk) will be at the south end of the track for all running events
6. Finish Line: Please stay away from the finish line fence area.
7. Admission: There is no admission.

INFORMATION FOR SPECTATORS:

- **Ticket prices:** Adults \$6 Student \$4
- Tickets are available for purchase ahead of time at gofan.co. Tickets can also be purchased at the gate. **Port Washington high school is cashless. Tickets may only be purchased with credit, debit, or Apple Pay.**
- North Shore Conference Passes will be accepted.

INFORMATION FOR ATHLETES

- A) The infield is a restricted area with the exception of athletes who have been called there for their events.
- B) Listen to calls by the announcer. Report to the clerk on the second call with a hip number.
- C) Please clean up team areas prior to leaving.
- D) Locker rooms will not be available; bathrooms are available at the concession stand.**

If you have any questions, please contact one of the following individuals:

Port Washington Boys Head Track Coach Mark Pasten - mark.pasten@pwssd.k12.wi.us

Port Washington Girls Head Track Coach Joe Adamak - joe.adamak@pwssd.k12.wi.us

Port Washington Athletic Director Nate Hinze - nathan.hinze@pwssd.k12.wi.us

Homestead Assistant Athletic Director John Kruegar - jkrueger@mtsd.k12.wi.us



Order of Events:

- 1:00 Stadium Opens
2:00 Coaches' Meeting (Located in the track shed – north side of track)
2:30 Boys Pole Vault Opening Height: Girls 6'/Boys 8'
Girls High Jump Opening Height: Girls 4'/Boys 5'
(Consult By-Laws below for height progression)
4:00 **Field Events Begin**
(Girls First - High Jump, Discuss, Triple Jump)
(Boys First - Pole Vault, Shot Put, Long Jump)
Shot Put - 4 throws with no finals - 2 even flights seeded by team.
Discus - 4 throws with no finals - 2 even flights seeded by team.
Long Jump - 4 jumps with no finals-120 minute open pit
Triple Jump - 4 jumps with no finals-120 minute open pit

Order of Running Events

- 5:15 Sprint Medley (Girls) - 100-100-200-400 - Same lane entire race
Sprint Medley (Boys) - 100-100-200-400 - Same lane entire race
Distance Medley (Girls) - 1200-400-800-1600 (Waterfall start/sliding passes)
Distance Medley (Boys) - 1200-400-800-1600 (Waterfall start/sliding passes)
300m Hurdle Shuttle(Girls) - 3x100m HH
330m Hurdle Shuttle (Boys) - 3x110m HH
400m Relay (Girls) - Same lane entire race
400m Relay (Boys) - Same lane entire race
6400m Relay (Girls) - (Waterfall start/sliding pass)
6400m Relay (Boys) - (Waterfall start/sliding pass)
800m Relay (Girls) - Same lane entire race
800m Relay (Boys) - Same lane entire race
900m Hurdle (Girls) - 3x300 Seed by Federation Rule (Combine Times)
900m Hurdle (Boys) - 3x300 Seed by Federation Rule (Combine Times)
3200m Relay (Girls) - 1 section 1 turn stagger/sliding passes
3200m Relay (Boys) - 1 section 1 turn stagger/sliding passes
1600m Relay (Girls) - 3 sections 3 turn stagger
1600m Relay (Boys) - 3 sections 3 turn stagger

**** The meet will be scored 10, 8, 6, 5, 4, 3, 2, 1 for all events. (8 places)****



CURRENT NSC TRACK REGULATIONS (RELAY TRACK MEET):

1340 AWARDS

B. Gold Medals will be awarded for 1st Place finishers at each event for the Conference Relay Meet.

1360 STATISTICS

A. The statistics of each of the Conference meets (Indoor, Relays, Outdoor) must be sent to the AD in charge of track (West Bend East) for inclusion in the statistics portion of the handbook.

1370 CONFERENCE MEETS

B. RELAY TRACK MEET:

- A. The Conference Relay meet will begin with pole vault (single sex) and high jump (single sex) at 2:30pm. All other field events begin at 4:00pm. The running events will begin at 5:15pm.
 - a. If the start time needs to be adjusted due to AP testing, this will be indicated in the meet information that is sent to all NSC schools one week prior to the meet.
- B. Order of running events: All races are girls first followed by boys

Sprint Medley Relay	100-100-200-400 (two turn stagger, 400 runner cuts immediately after getting the baton)
Distance Medley Relay	1200-400-800-1600 (waterfall start/sliding passes)
High Hurdle Relay	3 x 100 HH (girls), 3 x 110 HH (boys), combined times
400 Relay	Lanes all the way
6400 Relay	(waterfall start/sliding passes)
800 Relay	lanes all the way
900 Hurdle Relay	3 x 300 (combined times)
3200 Relay	1 section, one turn stagger/sliding passes
1600 Relay	3 turn stagger

- C. The host school shall send out meet information at least one week prior to the meet. Schools are expected to follow the directions in the meet information.
- D. The window for online entries may not close before 10:00pm two days prior to the meet. A boy or girl may be in four (4) events, but no more than three (3) running or three (3) field. All field events shall be 3-member male or female relay teams and all running events shall be 4-member teams except the two (2) hurdle relays which will be 3-member teams.



- E. In all cases not specified, Federation rules shall be followed.
- F. **All relays will be seeded (5-5)** —but will fill lanes to provide for the least number of sections if not all teams compete. The exception is the 3200 meter relay, The exception is the 3200 meter relay, 6400 meter relay, and distance medal relay which will be one heat.
- G. The opening heights for the high jump will be 4' for the girls and 5' for the boys. The high jump heights increase in 3" increments to 4'6" for girls and 5'6" for boys. Then by 2" increments to 5' and 6' respectively. Then by 1" increments thereafter. All heights count toward the final team total- all ties remain. If host school has 2 pits, high jump can be run simultaneously, and begin at 4:00pm.
- H. The opening height for the pole vault will be 6' for the girls and 8' for the boys. The pole vault height increases by 1' increments to 8' for the girls and 10' for the boys, and then increments 6" increments until four (4) competitors remain then by 3" increments. All heights count toward the final team total- all ties remain.
- I. The long and triple jump trials will be in two (2) flights determined by schools (meet management decides) and each participant shall take four (4) jumps. No more than two (2) jumps may be taken consecutively. Will be contested with open pit with a ten minute warm-up between flights. All ties remain.
- J. The shot put and discus trials will be in two (2) flights determined by schools (meet management decides) and each participant shall take four (4) throws per contestant. The shot and discus will have the same draw following the same order. All ties remain.
- K. Order will be: Girls first- high jump, discus, triple jump. Boys first- pole vault, shot put, long jump.
- L. The meet will be scored 10, 8, 6, 5, 4, 3, 2, 1 for all events. (8 places)

Handicap Parking will be at the bottom of the hill. No other spectators will be allowed to park in this area.

Buses - Buses may drop off in the pool lot, we ask that they do not come all the way down the hill to drop off. **Once drop off is complete buses can park in the baseball field parking lot.** To get to the baseball field parking lot they will exit the pool lot and head South, Turn right on Grand Ave, Turn Right on N Moore Street, Turn Right on Pierre Lane, and the baseball field entrance will be the first right.

Team Areas - Teams will need to set up their tents in the Southwest corner of the area, and some will be on the baseball field distanced from the discus area. Final determinations of placement will be made the day of the event - depend