



2024 WIAA Regional Track & Field Meet

Cedarburg, Germantown, Homestead, Menomonee Falls, Milwaukee Vincent/Destiny, Nicolet, West Bend East, West Bend West

DATE / LOCATION/TIME:

Monday, May 20th at Nicolet High School.

Field Events at 3:45 pm, Running Events at 4:30 pm.

Participation Entries:

- All entries must be done by **Friday, May 17th at 8:00 am**. Entries are to be made via [WIAA D1 Nicolet Regional 5B 2024 - Meet Information \(milesplit.com\)](https://www.milesplit.com/entry/5B2024).
- Each school is allowed a maximum of 3 entries per individual event/1 relay team per relay event contested.
- A school may enter a maximum of 28 individual entries (per gender team).
- A maximum of six students may be listed per relay. The same individuals must be retained through the entire postseason. Being listed as a relay member counts as one of the four events whether or not the school participates.
- All athletes will be allowed to compete in no more than 4 events (with at least one being a field or running event).
- Each event will be scored to eight places
- Live results will be available at www.milesplit.com

Meet Management:

- Coaches' meeting will be held at **3:15 pm** in storage unit 5 behind the grandstands.
- All athletes should check in with the clerk upon the first call of that event. All races (except the 200m dash and 300m hurdles, which are clerked at the event start) will be clerked from the 100m dash start.
- Athletes can warm-up on the track as long as it does not interfere with races. Also the west and south sides of the infield of the football field can also be used for athletes to warm-up.
- NO FOOD or DRINK will be allowed on the field
- Athletes can not have any electronics or earbuds inside the competition area for safety reasons
- All spectators must remain out of the track area. This includes the high jump area and the long jump/triple jump area.
- All results will be announced in a timely fashion and will be available after the meet concludes.
- WIAA Officials: Meet Referee: As assigned by the WIAA

- Jury of Appeals: Nicolet (boys' coach), Homestead Girls Coach, Jeff Houck (meet manager), WIAA meet starters; WIAA Spring Regulations cover the job details of the jury.

Questions: Please contact Jeff Houck (Meet Manager) at jeff.houck@nicolet.us/ 414-305-0550

Field Events:

- Field events will begin at **3:45 pm**. Order of events are listed below
- All implements must be weighed in immediately upon arrival under the grandstands in storage area 5 behind the grandstands.
- Shot put and discus will be run in flights. Warm-up throws in shot put and discus are allowed between flights for 15 minutes. After trials have completed, another 15 minutes of warm-up throws are allowed.
- Long jump and triple jump will be open pits for 1 hour with the top 9 qualifying for finals. Finals will begin 20 minutes after finalists have been announced. Finals will be in reverse order.
- In the high jump and pole vault, the starting heights shall be determined by counting down using the performance of the 8th best athlete, then subtracting two increments (4" HJ, 1' PV)
- In the high jump, the bar will be raised 2 inches each time until the final 6 jumpers, then 1 inch at a time.
- In the pole vault, the bar will be raised 6 inches each time until the final 6 vaulters, then 3 inches at a time.
- Vaulters must have weight verification forms complete or they cannot participate.
- A field judge must be present for warm-up throws and for the long and triple jump pits to be open.
- If a competitor needs to leave for another event, they must check out with the field judge. Check out will be 15 minutes.
- More information can be found on www.wiaawi.org under WIAA Track and Field Regional/Sectional documents.

Running Events:

- Will begin at **4:30 pm**.
- Qualifying from prelims to finals will be the winner in each heat, plus the next fastest times from any heat until all available lanes are filled.
- All running event athletes will need a hip number. Athletes should get hip numbers from the table at the start of the 100m (southeast corner of track).
- More information can be found on www.wiaawi.org under WIAA Track and Field Regional/Sectional documents.

Facilities:

- **DROP OFF AND PICK UP ONLY...THERE IS NO PARKING AVAILABLE UNTIL AFTER THE SCHOOL DAY AT 3:30PM FOR TEAMS OR SPECTATORS. PLEASE COMMUNICATE THIS TO YOUR FAMILIES.**
- Concession stand and restrooms are on site.
- **TENTS:** Tents may be set up on the concrete in front of the garage on the southwest corner outside the track fence, on the grass on the west side of the back stretch up to the visitor bleachers, or on the grass in the southeast corner of the track.

- 8-lane track surface (9-lane on the straight), ¼ inch spikes allowed.
- Stadium opens up to spectators at 3pm but there is no parking on campus until 3:30pm.

Admission:

- Fans can purchase tickets online through [Nicolet's GoFan page](#) or by presenting a debit/credit card (or Apple Pay) at the ticket gate.

Awards and Sectional Qualifying Procedures:

- The top 4 individuals and relay teams will move on to the WIAA sectional.
- Plaques will be awarded to each 1st place team.

Athletic Trainer:

- An Aurora-contracted athletic trainer will be on site and located next to the timing tent before, during, and immediately after the competition. They will be located at the finish line.

Weather Postponement Info:

- The rain date is Tuesday, May 21st
- Any competition stopped due to inclement weather will be continued from the point of interruption. All trials and marks made up to the point of suspension must stand.

Order of Events

2:45 pm **Track Opens**

3:30 pm **Stadium Opens for spectators**

3:15 pm **Coaches Meeting**

3:40 pm **National Anthem**

3:45 pm **Field Events Begin**

-Girls high jump followed by boys. Boys pole vault followed by girls.

-Boys will go first in the triple jump; **3 prelim. attempts, 9 to finals*

-Girls will go first in the long jump; **3 prelim. attempts, 9 to finals*

-Boys will go first in Discus, **3 prelim. attempts, 9 to finals*

-Girls will go first in Shot, **3 prelim. attempts, 9 to finals*

4:30 pm **Running Events Begin (*Girls followed by Boys*)**

3200m relay

100m dash prelims

100m high hurdles prelims

110m high hurdles prelims

*** Qualifying from preliminaries to finals will be the winner in each heat, plus the next fastest times from any heat until all available lanes are filled with a maximum of nine.***

****15 minute break****

100m high hurdles finals

110m high hurdles finals

100m dash finals

1600m run

800m relay (see exchange zone umpire assignments)

400m dash

400m relay (see exchange zone umpire assignments)

300m low hurdles

300m intermediate hurdles

800m run

200m dash finals

3200m run

1600m relay

Relay Zone Assignments

Please provide 1-2 coaches from your school to umpire each given assignment.

4x200M Relay:

<u>Exchange Zone 1 & 3</u>	<u>Schools in Charge</u>
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<i>Lanes 1-3</i>	<i>Cedarburg</i>
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<i>Lanes 4-6</i>	<i>Germantown</i>
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<u>Exchange Zone 2 (Officials)</u>	<u>Schools in Charge</u>
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<i>Lanes 1-3</i>	<i>NA</i>
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<i>Lanes 4-6</i>	<i>NA</i>
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4x100M Relay:

<u>Exchange Zone 1</u>	<u>Schools in Charge</u>
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<i>Lanes 1-3</i>	<i>Homestead</i>
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<i>Lanes 4-6</i>	<i>Menomonee Falls</i>
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<u>Exchange Zone 2</u>	<u>Schools in Charge</u>
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<i>Lanes 1-3</i>	<i>Milwaukee Vincent/Destiny</i>
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<i>Lanes 4-6</i>	<i>Nicolet</i>
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<u>Exchange Zone 3</u>	<u>Schools in Charge</u>
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<i>Lanes 1-3</i>	<i>West Bend East</i>
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<i>Lanes 4-6</i>	<i>West Bend West</i>
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All yellow flag issues are to be directed, in-person, to meet management and WLAA officials immediately. Affected schools will be notified of any disqualifications.