

WAUKESHA NORTH HIGH SCHOOL

Track and Field

Heimark Northstar Classic

Saturday April 29, 2023

2222 Michigan Avenue, Waukesha, WI 53188



Participating Teams :

Arrowhead (B&G), Catholic Memorial (B), Fond du Lac (B&G), Grafton (B&G), Kettle Moraine (B&G), Milwaukee Bradley Technical (B&G), Milwaukee Hamilton (B&G), Milwaukee Marshall (B&G), Mukwonago (B&G), Muskego (B), Nicolet (B&G), Oconomowoc (B&G), Oshkosh Lourdes (B&G), Pewaukee (B&G), Waukesha North (B&G), Waukesha South (B&G), Waukesha West (B&G), Wauwatosa East (B&G), West Bend West (G)

ENTRIES: Two entries per event

- **Entries will only be accepted online through MileSplit Wisconsin**
- The meet is titled "Heimark Northstar Classic" in wi.milesplit.com. Log in to your account and find the meet in the calendar.
- All entries must be submitted by Thursday April 27th, at 8:00pm.
- Meet information, start lists, and results will be posted at www.tracksidetiming.com

There is NO scratch and replace allowed. Scratch and replace is only allowed with proper note from your school administration.

TIME SCHEDULE:

- 8:30 am Weigh-in of Shots and Discus in garage at South end
- 9:00am Coaches meeting and hospitality in garage
- 9:00 am Shot and Discus weigh-in completed
- 9:30 am Field Events begin
- 10:00 am Running Events begin

ENTRY FEE: \$175.00 per competing team. Please make checks payable to **Waukesha North High School** C/O Amber Kragenbrink. Entry fees are due by the day of the event.

AWARDS: Awards will be given for first to third place in individual events and relays. Championship plaques for Boys and Girls.

NOTES FOR COACHES:

- No coaches are allowed in the infield for any reason, except for by pole vault. Stay outside the fence at all times! No coaches will be allowed inside the fence by the long/triple jump pits and by high jump except during warm-ups. Keep your athletes out of those areas as well unless they are currently competing.
- No warm-ups will be allowed on the turf once running events have started. Inform all athletes of this prior to the meet. Athletes can warm-up on the back stretch as long as it doesn't interfere with races in progress or on the back part of the turf
- The fieldhouse will only be available for inclement weather ONLY.
- Your team bus and all spectators should park in the parking lot off of Michigan Ave.

TEAM AREAS: Please either set up your camps in the visitor stands on the East side of the track or in the grassy area east of the discus area. (See attached map) No tents allowed on infield, except for finish line officials.

POLE VAULT: Boys will be first.

There will be a 30 minute warm-up between genders.

Only one coach will be allowed with their athlete(s) at pole vault.

No spectators are allowed by the pole vault to watch, this includes other athletes.

Upon completion of the pole vault all athletes and coaches must remove themselves from the pole vault area.

HIGH JUMP: Girls will be first with boys to follow.

Boys will have a 30 minute warm-up time once the girls competition is complete.
BOYS should not put marks down until their warm-up time. Once warm-up time is complete all coaches will be asked to leave the high jump area.

Starting heights in Pole vault and high jump will be determined by the 8th seed minus two heights.

LONG/TRIPLE JUMP: - Long and Triple will be contested in open pit format. Girls will compete on the east pit and boys will compete on the west pit.
- Boys triple jump and girls long jump will be from 9:30 to 10:45. Boys long jump and Girls triple will be from 11:15 to 12:45. These may be adjusted based on number of entries
- Athletes will receive 4 jumps each.
All coaches and athletes not competing should be outside the four foot fence.

SHOT PUT/DISCUS: Boys Discus will be first. Girls shot put will be first.
Flights will be seeded with a maximum of 9 throwers per flight.
All throwers will receive 4 throws.
There will be 10 minutes between flights and 20 minutes between genders.
Make sure to mark your implement with an identifying mark for your use.

HEATS: There will be one heat of the 3200 run in each of the boys and girls division. Maximum of 12 runners per heat in the 800 and 1600.

JURY OF APPEALS: Two officials, Women's Head Coach from Waukesha North, Men's Head Coach from Wauwatosa East, Women's Head Coach from Arrowhead (alternate head coach from Kettle Moraine)

ORDER OF EVENTS

9:30 AM

Boys Triple jump followed by long jump- 4 Jumps No Finals
Girls Long Jump followed by Triple jump- 4 Jumps No Finals
Boys Discus - 4 Throws No Finals
Girls Shot Put - 4 Throws No Finals
Girls High Jump followed by Boys - 5 Alive
Boys Pole Vault followed by Girls - 5 Alive

10:00 AM

All Track Events Begin
1000 Meter Run
800 Meter Co-Ed Wheelchair
3200 Meter Relay
100 Meter High Hurdles Girls
110 Meter High Hurdles Boys
100 Meter Dash
100 Meter Co-Ed Wheelchair
1600 Meter Run
1600 Meter Co-Ed Wheelchair
800 Meter Relay
400 Meter Dash
400 Meter Relay
400 Meter Co-Ed Wheelchair
300 Meter Low Hurdles Girls
300 Meter Intermediate Hurdles Boys
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay

Additional questions or concerns can be forwarded to Kristin Torzala at ktorzala@waukesha.k12.wi.us or call 262-970-3680.

Sincerely,

Kristin Torzala and Zach Wettengel

"Heimark Northstar Classic" Track & Field Invitational

Summit Ave

Check in

Shot Put

long/triple jump

Pole Vault

Home Bleachers

Away

Finish Area

High Jump

Concessions/
Bathrooms

Ticket Booth

Discus

Scoreboard

Team camps

Green Meadow

