



2024 North Shore Conference Relays

Wednesday, May 1st

PARTICIPATING SCHOOLS:

Cedarburg, Grafton, Hartford, Homestead, Nicolet, Port Washington, Slinger, West Bend East, West Bend West, and Whitefish Bay

ADMISSIONS:

We use GoFan Digital Ticketing, so please have your fans purchase tickets in advance using this link:

[PURCHASE TICKETS HERE](#)

- Adults: \$8
- Students: \$5
- Senior Citizens: FREE

MEET MANAGERS:

Tom Hoogester / West Bend East Boys Head Track Coach
(thoogester@wbsd-schools.org)
(262) 339-3984

Brett Hartman / West Bend East Girls Head Track Coach
(bhartman@wbsd-schools.org)
(920) 470-1215

OFFICIALS:

Frank Carini, James Hanke, Patrick Pretty, Timothy Shore

BUSES: After drop off, buses may park in the softball/soccer parking lot on the corner of HWY G and Decorah Road (East of school). After 4:00 pm, buses may then line up along the driveway in the West Parking Lot. **Please note school lets out and buses depart around 2:30-2:35.**

TENTS: Tents will be set up in the east field adjacent to the track (near the East sheds). **NO TENTS WILL BE ALLOWED IN THE STADIUM.**

ENTRIES:

- Entries will be submitted through MileSplit.com
- 1 entry per baton relay, 3 entries per hurdle group, and 3 entries per field event group.
- Athletes are limited to 4 total events with at least one of the events being a field event or running event.
- Entries are due **Monday, April 29th**

AWARDS:

- Conference medals will be awarded to 1st place finishers.
- The meet will be scored 10, 8, 6, 5, 4, 3, 2, 1 for all events. (8 places)
- Trackside Timing will provide the timing system.
- The field event check-out time will be 15 minutes.
- Hip numbers will be provided on the north end of the track.
- Implements will be weighed in the south team room building.

JURY OF APPEALS:

- WIAA Starters
- Meet Managers
- Homestead Boys Coach
- Nicolet Girls Coach

TRAINER: A certified athletic trainer will be available throughout the meet located in the south team room attached to the concession stand.

CONCESSIONS: Concessions will be available.

Order of Events

- 2:30 Stadium Opens**
- 3:00 Check in and warm-ups for Boys Pole Vault**
- 3:30 Boys Pole Vault Begins**
- 3:45 Coaches' Meeting (East Team Room)**
- 4:00 Field Events Begin (Seeded by relay team seed totals, All ties remain)**
- Pole Vault Boys first | Opening Heights will be: Girls 6' Boys 8'
Height increases by 1' increments to 8' for the girls and 10' for the boys, and then increments 6" increments until 4 competitors remain then by 3" increments.
 - Triple Jump Boys first | 2 flights of 5 teams | 4 Jumps | 50' Open Pit | 10' between flights & genders
No more than 2 jumps may be taken consecutively.
 - Discus Boys first | 2 flights of 5 teams | 4 Throws | Same Draw/Order
 - Shot Put Girls first | 2 flights of 5 teams | 4 Throws | Same Draw/Order
 - Long Jump Girls first | 2 flights of 5 teams | 4 Jumps | 50' Open Pit | 10' between flights & genders
No more than 2 jumps may be taken consecutively.
 - High Jump Will be run simultaneously with boys on the East pit and girls on the West pit
Opening Heights will be: Girls 4' Boys 5'
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.
- 4:00 Running Events Begin**
- 4x1600m Relay (Girls First) Waterfall Start/Sliding passes
- 5:30 Running Event Will Resume (We will be waiting until 5:30)**
- 3x100m High Hurdles (Girls) Combined Times
 - 3x110m High Hurdles (Boys) Combined Times
 - 4x200m Relay (Girls First) Lanes all the way.
(1st two exchanges are red and the 3rd exchange is yellow)
 - Distance Medley Relay (Girls First) 1200m - 400m - 800m - 1600m
Waterfall start/sliding passes
 - 4x100m Relay (Girls First) Lanes all the way and yellow exchange zones
 - 3x300m Low Hurdles (Girls) Combined times
 - 3x300m Intermediate Hurdles (Boys) Combined times
 - Sprint Medley Relay (Girls First) 100m - 100m - 200m - 400m
(2 turn stagger, 400 runner cuts in immediately after getting the baton)
 - 4x800m Relay (Girls First) 1 section, 1 turn stagger/sliding passes
 - 4x400m Relay (Girls First) 3 Turn Stagger