

NSC - Varsity Outdoor Track and Field Meet

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

DATE / LOCATION: Tuesday, May 16th @ Homestead High School

ADMISSIONS: Adults - \$6.00
Students 5-17 - \$4.00 Under 5 and Seniors: Free

TIMES: 1:00 P.M. Track Opens
2:30 PM Boys Pole Vault Starts
3:00 P.M. Coaches meeting in Sommer's Pavilion on the north end of the stadium
3:30 P.M. Field Events start
4:00 P.M. Running Events begin

BUSES: Buses should park in the lots west of the school/tennis courts.

AWARDS: Individual medals: 1st through 3rd in all individual events and relays.
The team trophies and bar will be presented at the conclusion of the meet..

ENTRIES: Teams can access on-line entry directly at
www.tracksidetiming.com or on MilesplitWI.

Heat sheets will be posted at tracksidetiming.com and [milesplit](http://milesplit.com) . Results will be posted on both websites shortly after the meet.

You must have all entries submitted by *Sunday , May 14 @ 10:00 PM* .

The WIAA State tournament series format will be followed.

Teams are allowed 28 individual entries (female/male) with a maximum of(3) per event. One relay is allowed per school and individual names will be submitted for relays the day of the meet. A maximum of six (6) names may be listed. Changes will be allowed on the day of the meet only with a medical excuse or administrative note indicating school absence due to illness or discipline. If the meet is rescheduled, changes may be made with administrative approval.

*****NO LATE ENTRIES WILL BE ACCEPTED FOR SEEDING PURPOSES*****

JURY OF APPEALS:

2 Meet Officials (James Hanke, John Klika, Tim Shore, Peter Nielsen)

1 Meet Managers: HHS Head Coaches - John Krueger or Drew Dixon

Slinger Boys Coach

Grafton Girls Coach

LOCKER ROOMS: Locker rooms will *not* be available – please dress appropriately.

TRAINER: A certified athletic trainer will be available throughout the meet.

CONCESSIONS: A concession stand will be available.

TENTS: Tents may be set up outside of the short fence in the stadium area.

HIP NUMBERS: Handed out at the picnic table in the northwest corner of the track.

INFIELD: A clean infield will be enforced. Only athletes & coaches participating in the high jump, will be allowed in the infield. An area will be roped off for warm-ups on the north end of the turf.

Additional field event information:

- 15 Min. checkout from field events (please don't check out too early)
- 20 minutes between genders at field events
- Finals will begin 10 minutes after finalists have been announced.
- Boys will jump on the north runway (nearest the woods), girls on the south runway.

NSC BYLAWS OUTDOOR TRACK MEET:

- A. The Conference Outdoor meet shall begin with field events starting at 4:00pm. Running events will start at 4:30pm. 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. 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.
- C. The window for online entries may not close before 10:00pm two days prior to the meet. The WIAA State tournament series format will be follow.
- D. Teams are allowed 28 individual entries (female/male) with a maximum of (3) per event. One relay is allowed per school and individual names will be submitted for relays the day of the meet. A maximum of six (6) names may be listed
- E. Athletes that compete at both JV & Varsity outdoor conference meets may not compete in the same events or exceed four (4) total events between the two meets.
- F. If a JV Outdoor meet is run it will have (3) entries per event and (1) relay.
- G. A single athlete may be entered in 4 events, no more than three (3) running or (3) field.
- H. The NSC meet will be held the Tuesday prior to the WIAA State Regional Meet, with the make-up date the following day.
- I. Two starters, a clerk of course, and one referee are to be hired for the meet.
- J. Running Event Procedures:
 - a. Entry times for seeding runners must be for open races in competition, not relay splits.
 - b. Entry times must be returned to the meet manager on time. Late entries will NOT be seeded.

- c. Scratch and replace is allowed, no additions, no reseeding
- d. In the event of a 6th – 9th place tie (depending on track size) all tied runners will tie and NOT run in the finals.
- e. 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 which will be one heat.

K. Field Event Procedures:

- a. Order will be:
Boys first – pole vault, discus, triple jump.
Girls first – high jump, shot, long jump.
If the host school has 2 pits, high jump can be run simultaneously.
- b. Pole vault: Opening height to be set two increments lower than the 8th seed. Increments shall be 6 inches until 4 vaulters remain and then 3 inches.
- c. High jump: Opening height to be set two increments lower than the 8th seed. The boys will have 2 inch increments to 6-0 and 1 inch thereafter. The girls will have 2 inch increments to 5 feet and 1 inch increments thereafter. Seed will determine order.
- d. Long and Triple Jump: qualify 9 jumpers and ties for the finals. Open pit. Three jumps to each competitor. Three additional jumps in the finals. Jumpers compete in inverse order (no open pit) in the finals. All best efforts from the trials will carry over in the finals.
- e. Shot and Discus: Three throws in the trials in an order determined by seed. Three additional throws in the finals. Throw in inverse order 1-1-1. All best efforts carry over from trials to finals. Wheelchair shot in between genders. All implements must be certified by the head field events judge and made available to all competitors.

L. Order of Running Events:

- a. 1600 m. *Wheelchair* (3:30 pm if wheelchair race is contested)
- b. 3200 m. Relay finals (G/B)
- c. 100 m. dash Trials (B/G)
- d. 110 m. HH Trials (B)
- e. 100 m. HH Trials (G)
- f. 15 Minute Break (All events are timed finals from this point)**
- g. 100 m. HH (G)
- h. 110 m. HH (B)
- i. 100 m. *wheelchair*
- j. 100 m. dash (G/B)
- k. 1600 m. run (G/B)
- l. 800 m. Relay (G/B)
- m. 400 m. *Wheelchair*
- n. 400 m. dash (G/B)
- o. 400 m. Relay (G/B)
- p. 300 LH (G)

- q. 300 IH (B)
- r. 800 m. run (G/B)
- s. 800 m. *Wheelchair*
- t. 200 m. dash (G/B)
- u. 3200 m. run (G/B)
- v. 1600 m. Relay (G/B)
- w. 1600m *wheelchair*

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