

2023 North Shore Conference Relays

Hosted by Slinger High School

Wednesday, May 3rd

Slinger High School is proud to host Cedarburg, Grafton, Hartford, Homestead, Nicolet, Port Washington, West Bend East, West Bend West, and Whitefish Bay for the North Shore Conference Relays.

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, May 1st by 10:00 P.M.**

Meet Information

- 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 side of the track from the small storage shed window.
- Implements will be weighed on the west side of the team room building (directly south of the shot put area).
- The officials for this meet are:
 - James Hanke
 - William Haury
 - Patrick Pretty
 - Jim Steinberg
- The Jury of Appeals consists of:
 - WIAA starters
 - Meet Manager
 - West Bend West Boys Head Coach
 - Homestead Girls Head Coach

Track Information

- We have a 8-lane rubberized track. ¼ inch spikes are allowed.
- Please set up tent camps on the grass area located at the South side of the stadium. Please do not set up camp by the long jump pits or on the football field.
- Concessions will be available.
- At 5:30 the infield will become restricted to non-event workers. The only exception will be for hurdlers, who will be allowed to warm up in that area.
- If you have any questions, feel free to call us or email us.

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Order of Events

3:00 Stadium Opens

3:45 Coaches' Meeting (Located in the team room south of the press box)

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