

# West Bend East High School

Department of Athletics

## 1305 E. Decorah Road

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## ***West Bend East Outdoor Varsity and JV Track and Field Meet***

### **SCHOOLS:**

**Boys Teams:** Sheboygan North, Union Grove, Watertown Luther Prep, West Bend East, West Bend West.

**Girls Teams:** Sheboygan North, Union Grove, Watertown Luther Prep, West Bend East, West Bend West.

**DATE / LOCATION:** Friday, May 12th, 2023 / Carl Pick Memorial Field – West Bend High School

**ADMISSIONS:** Adults: \$6.00 Students: FREE

**TIMES:**

2:15 P.M.	Track Opens
2:30 P.M.	Pole Vault Verification and Warm-ups begin
2:30 P.M.	Shot and Discus Weigh Ins – South End of Concession Stand
3:00 P.M.	Coaches meeting South end of the concession stand
3:30 P.M.	Field Events start
4:30 P.M.	Running Events begin

**POLE VAULT:** Verification and Warm-ups for Pole Vault will begin at 2:30pm. Be sure to present a certified weight sheet dated after April 10th.

**BUSES:** After drop off buses may park in the softball/soccer parking long on the corner of HWY G and Decorah Road (East of School). After 4:00pm 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.**

**ENTRY FEE:** \$150.00 per team/gender made out to West Bend East High School

**AWARDS:** Individual Medal for 1st-3rd place in both the Varsity divisions and JV divisions.

**ENTRIES:** Three (3) entries per school per event. Two entries will be Varsity and one entry will be JV. One (1) relay for each division (Varsity and JV) team per school per relay event. There are no exhibition performances or extra relay teams in any event.

**Entries Due: May 10th at 8:00pm (Please note there will be two divisions, Varsity and JV please make sure you are in the correct division). All entries will be entered in Milesplit**

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

**OFFICIALS:** Frank Carini, Thomas Emmerich, Dennis Meyer

**JURY OF APPEALS:** West Bend West Boys Head Coach & Sheboygan North Girls Coach

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

**MEET MANAGER:**

- Tom Hoogester – West Bend East Boys Head Track Coach (thoogester@wbsd-schools.org) or (262) 339-3984
- Brett Hartman - West Bend East Girls Head Track Coach (bhartman@wbsd-schools.org)

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

**CONCESSIONS:** A concession stand will be available.

**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.**

# West Bend East Invite - Time Schedule

- 2:15** Track Opens
- 2:30** Boys Pole Vault Check Ins and warm – ups
- 3:00** Coaches meeting in the south team room attached to the concession stand.
- 3:30** Field Events begin (see schedule below)

**4:30 RUNNING EVENTS – All Timed Finals** (JV will be first, Varsity will be second - we will combine whenever the entries allow).

- 3200 Meter Relay (Girls/Boys)
- 100/110 Meter Hurdles (Girls/Boys)
- 100 Meter Dash (Girls/Boys)
- 1600 Meter Run (Girls/Boys) (JV & Varsity will be combined)
- 800 Meter Relay (Girls/Boys)
- 400 Meter Dash (Girls/Boys)
- 400 Meter Relay (Girls/Boys)
- 300 Meter Hurdles (Girls/Boys)
- 800 Meter Run (Girls/Boys) (JV & Varsity will be combined)
- 200 Meter Dash (Girls/Boys)
- 3200 Meter Run (Girls/Boys) (JV & Varsity will be combined)
- 1600 Meter Relay (Girls/Boys)
- 400 Meter Co-Ed Relay (One entry per school)

**Field events JV and Varsity will be combined. Entries will allow for designation of Varsity and JV.**

**High Jump:** Two Pits (Boys – Blue Pit (West Side) and Girls – Black Pit (East Side). The starting heights will be determined at the coaches meeting. We will start at a low height for JV and work our way up to completion.

**Pole Vault: Boys will Vault First - Girls Second with 30-45 minute warm up between them.** The starting heights will be determined at the coaches meeting.

**Shot Put: Girls Throw First.** Four throws (4) no finals. Order will be 1-1-1-1 format. Boys will follow after the conclusion of the boys event.

**Discus: Boys Throw First.** Four throws (4) no finals. Order will be 1-1-1-1 format. Girls will follow after the conclusion of the boys event.

**Long Jump: Girls Jump First (3:30-4:30 open pit).** Four jumps, no finals. Athletes will be allowed a 30 minutes warm-up period beginning at 3:00pm. Boys long jump will begin at the conclusion of the Girls event.

**Triple Jump: Boys Jump First (3:30-4:30 open pit).** Four jumps, no finals. Athletes will be allowed a 30 minutes warm-up period beginning at 3:00pm. Girls triple jump will begin at the conclusion of the girls event.