

# WATERFORD TRACK & FIELD MEET

**To:** AD's and Track Coaches of Burlington, Racine Saint Catherine's, Shoreland Lutheran, St. John's NW Military Academy (boys only), Waterford

**From:** Jill Stobber, WUHS Athletic and Activities Director  
Michele Sittig and Jody Johnsrud, WUHS Head Track Coaches

**Date/Time:** Tuesday, April 30, 2019

- Weight implements will be in the white shed from 3:15-3:45 pm
- Coaches/Scratch Meeting @ 3:30 PM in the room behind the concessions
- Field Events: 4:00 PM
- Running Events: 4:30 PM

**Teams:** Burlington, Racine Saint Catherine's, Shoreland Lutheran, St. John's NW Military Academy (boys only), Waterford

**Entry Fee:** \$120 per gender, please submit payment to WUHS prior to May 1<sup>st</sup>.

**Entry Information:** Entries will be made on **athletic.net** for this meet.  
Access the web site at [www.athletic.net](http://www.athletic.net)

**DUE DATES:** Entries will be accepted online only using [Athletic.net](http://Athletic.net).

- Teams can access on-line entry directly at [www.athletic.net](http://www.athletic.net) or through [www.tracksidetiming.com](http://www.tracksidetiming.com)
- The meet is titled "Wolverine Invite" in [athletic.net](http://athletic.net). You must have all entries submitted by Sunday, April 28th, at 8:00 PM.
- Meet information, heat sheets, and results will be posted at [www.tracksidetiming.com](http://www.tracksidetiming.com).

**Entry Limits:** Varsity - Three (3) individual entries per event, 1 relay team.  
JV - Three (3) individual entries per event, 1 relay teams.

## Track/Equipment:

Eight lane, rubberized latex track, ¼ inch spike allowed. Cantabrian starting blocks will be supplied. The meet will utilize F.A.T.

**Questions:** If you have any questions, please e-mail one of the track coaches Michele Sittig, [msittig@waterforduhs.k12.wi.us](mailto:msittig@waterforduhs.k12.wi.us) or Jody Johnsrud, [jjohnsrud@waterforduhs.k12.wi.us](mailto:jjohnsrud@waterforduhs.k12.wi.us).  
Jill Stobber, [jstobber@waterforduhs.k12.wi.us](mailto:jstobber@waterforduhs.k12.wi.us)

## Additional Notes:

- There WILL be a concession stand sponsored by the Wolverine Booster Club.
- There will be no awards presented at this quad/invite
- Please make sure your tent areas are located in the grassy field adjacent to the long and triple jump pits.  
**TEAM CAMPS are NOT to be in the bleachers!!**

# Order of Events

## **Field Events: 4:00**

Shot Put (boys, followed by girls) – 4 throws no finals

Discus (girls, followed by boys) – 4 throws no finals

Pole Vault (boys, followed by girls)

High Jump (girls, followed by boys)

Long Jump (Boys open pit from 4:00 to 5:30, girls 5:45 to 7:15) 4 jumps no finals

Triple Jump (Girls open pit from 4:00 to 5:30, boys 5:45 to 7:15) 4 jumps no finals

## **Running Events: 4:30**

*All events are timed finals*

3200 Meter Relay (girls/boys)

100 Meter High Hurdles (girls)

110 Meter High Hurdles (boys)

100 Meter Dash (girls/boys)

1600 Meter Run (girls/boys)

800 Meter Relay (girls/boys)

400 Meter Dash (girls/boys)

400 Meter Relay (girls/boys)

300 Meter Low Hurdles (girls)

300 Meter Intermediate Hurdles (boys)

800 Meter Run (girls/boys)

200 Meter Dash (girls/boys)

3200 Meter Run (girls/boys)

1600 Meter Relay (girls/boys)

\*opening heights for the pole vault and high jump will be determined on the day of the meet