

West Bend West High School

Department of Athletics

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2023 West Bend West All Comers Invite

This meet is designed to be open to all junior varsity and varsity athletes and runs a modified order of events and no relays. Basically, we want to get a time, height or distance on every athlete in the meet.

Boys Teams: *Slinger, Sheboygan Falls, Watertown West Bend East, West Bend West*

Girls Teams: *Slinger, Sheboygan Falls, Watertown West Bend East, West Bend West*

DATE / LOCATION: **Friday April 14th, 2023** / Carl Pick Memorial Field – West Bend High School

SPECTATORS: Open to all. There is not a specific limit at this time. We just ask that all in attendance socially distance throughout the meet.

ADMISSIONS: Adults - Free Children - Free Senior Citizens - Free
All West Bend Students Free

TIMES:

3:00	Track Opens
3:00 - 3:30	Implement weigh in- Track Shed next to the concession stand
3:30	Coaches meeting- Track Shed next to the concession stand
3:45	Field Events start
5:00	Running Events begin

ENTRY FEE: \$150 per team – made out to West Bend West High School

AWARDS: No Awards will be given. Meet results will be available after the meet at wi.milesplit.com and www.tracksidetiming.com

ENTRIES: **Each team is allowed an unlimited number of entries per running event. All Field Events will be capped at 7 entries per event. There are no relays and no 3200.** Each athlete is allowed to only compete in the maximum of 4 total events according to the WIAA rulers (a combination of 3 running/1 field, 1 running/3 field, or 2 running/2 field). Changes can be made at the coaches meeting - scratch and replace only.

Entries will be accepted online only using our meet on milesplit.com (click the link for direct access).

Teams can access on-line entry directly at milesplit.com. Heat sheets will be posted at www.tracksidetiming.com. Results will be posted on both web sites shortly after the meet.

The meet is titled “West Bend West JV/V Quad” on milesplit.com.

All entries must be submitted by **Wednesday, April 12 @ 8:00 PM.**

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

OFFICIALS: Tom Emmerich, Dennis Meyer, John Tenges

JURY OF APPEALS: Slinger Boys Head Coach & Sheboygan Girls Head Coach

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

MEET MANAGERS: Mike Herther -West Bend West Boys Head Track Coach
mherther@wbsd-schools.org or 262-224-8755

Matt Wanie – West Bend West Girls Head Track Coach
mwanie@wbsd-schools.org or 262-305-4386

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 stadium area. There is an area outside the stadium in the southeast corner that will be designated for team camps. There is a gate where athletes can come in and out. Absolutely no tents may be set up on the football field. Please use the designated squares per team tent.

INFIELD: **Only athletes and coaches** participating in the high jump and pole vault. **Please stay off of the turf.!!!**

Time Schedule

(we will hold running events til the time listed to allow for recovery)

3:00 Track Opens / Implement weigh-ins in Track Shed
3:30 Coaches Meeting
3:45 Field Events
5:00 **RUNNING EVENTS WILL RUN GIRLS /BOYS**

Finals

5:00	100 Meter Dash
	1600 Meter Run
	100 Meter Hurdles (Girls)
	110 Meter High Hurdles (Boys)
5:45	200 Meter Dash
	800 Meter Run
6:45	300 Meter Hurdles
	400 Meter Dash

High Jump: The starting heights will be determined at the Coaches Meeting. **We have two pits so both boys and girls High Jump will be run at the same time. Boys will be on the West Pit and Girls on the East Pit.** High jump will be run in a 5-Alive 1-1-1 Format.

Pole Vault: **Boys will Vault first Girls second with 30 min. warm up between them.** The starting height to be determined at the Coaches Meeting. Vaulting will occur on the Northside of the track inside the track. Pole vault will be run in a 5-Alive 1-1-1 Format. Meet management sets the pole vault standards.

Shot Put: **Girls Throw First** Four throws. No Finals. Each thrower gets four attempts taken in a 1-1-1-1 format. There will be 15 minutes of warm-up time between flights. Coaches box is along the south fence. Only the flight throwing should be along the fence.

Discus: **Boys Throw First** Four throws. No Finals. Each thrower gets four attempts taken in a 1-1-1-1 format. There will be 15 minutes of warm-up time between flights. Coaches box is along the south fence. Only the flight throwing should be along the fence.

Long Jump: **Girls Jump First** Four Jumps. No Finals. There will be an open pit for 75 minutes. Coaches box is between the runways. Piggybacking allowed after jumps 1 and 3. Boys trials will start 30 minutes after completion of boys triple jump

Triple Jump: **Boys Jump First** Four Jumps. No Finals. There will be an open pit for 75 minutes. Coaches box is between the runways. Piggybacking allowed after jumps 1 and 3. Boys trials will start 30 minutes after completion of boys triple jump