

West Bend West High School

Department of Athletics

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2023 West Bend West Spartan Track and Field Invitational

Boys Teams: *Fond Du Lac, Grafton, Homestead, Manitowoc Lincoln, Menomonee Falls, Oshkosh North, Plymouth, Racine Case, Sheboygan South, Slinger, West Bend East, West Bend West*

Girls Teams: *Fond Du Lac, Grafton, Homestead, Manitowoc Lincoln, Menomonee Falls, Oshkosh North, Plymouth, Racine Case, Sheboygan South, Slinger, West Bend East, West Bend West*

DATE / LOCATION: **Friday April 21st, 2023** / Carl Pick Memorial Field – West Bend High School

SPECTATORS: Open to all. Please as a spectator stay out of competition areas marked by the fences and snow fencing.

ADMISSIONS: Adults - \$5.00 Children - \$3.00 Senior Citizens - Free
All West Bend Students Free

TIMES:

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|-------------|---|
| 2:30 | Track Opens |
| 2:45 - 3:15 | Implement weigh in- Track Shed next to the concession stand |
| 3:00 | Coaches meeting- Track Shed next to the concession stand |
| 3:30 | Field Events start |
| 4:30 | Running Events begin |

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

AWARDS: First and second place team trophies. Individual medals: 1st through 6th place in all individual events and relays. Most Valuable Male and Most Valuable Female Awards will also be presented. Meet results will be available after the meet at wi.milesplit.com and www.tracksidetiming.com. The team trophies will be presented after the 1600 Meter relay.

ENTRIES: Two (2) entries per school per event. One (1) relay team per school per relay event. There are no exhibition performances or extra relay teams in any event. Changes can be made at the coaches meeting - scratch and replace only. **NO ADDITIONS.**

Entries will be accepted online only using our meet on [milesplit.com](https://www.milesplit.com) (click the link for direct access).

Teams can access on-line entry directly at [milesplit.com](https://www.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 SPARTAN INVITE” on [milesplit.com](https://www.milesplit.com). You must have all entries submitted by **Wednesday April 19th @ 8:00 PM.**

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

OFFICIALS: Tom Emmerich, Dennis Meyer, John Tenges

JURY OF APPEALS: Manitowoc Lincoln Boys Head Coach & West Bend East 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.

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

EXCHANGE ZONE HELP:

4X100 Exchange Zone 1 - (boys/girls) **Plymouth**
Exchange Zone 2 – (boys/girls) **Manitowoc**
Exchange Zone 3 – (boys/girls) **Oshkosh North**

4 X 200 Exchange Zone 1 and 3 – (boys/girls) **Fond Du Lac**

CLERKING/Hip Number: Tell all your runners they must check in at the Tent by the start of the 100M dash to get their hip number before they check in with the clerk(s). After they have their number they must check in with the clerk. All checkins will be done in the south endzone area along the homestretch except for the 200s & the 300 hurdles.

Time Schedule

| | |
|--------|--|
| 2:30 | Track Opens / Implement weigh-ins in Track Shed |
| 3:00 | Coaches Meeting |
| 3:30 | Field Events |
| 4:30 | <u>RUNNING EVENTS WILL RUN GIRLS /BOYS</u> |
| Finals | 3200 Meter Relay 100/ 110 Meter High Hurdles (Girls First / Boys Second) 100 Meter Dash (Girls First / Boys Second) 1600 Meter Run 800 Meter Relay 400 Meter Dash 400 Meter Relay 300 Meter Intermediate Hurdles 800 Meter Run 200 Meter Dash 3200 Meter Run 1600 Meter Relay |

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.**

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 by the Northside of the track.

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 behind the competition circle. Only the flight throwing at the time should be in the competition area. Warmups for the opposite gender will begin for 15 minutes after the completion of the final flight.

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 at the time should be in the competition area. Warmups for the opposite gender will begin for 15 minutes after the completion of the final flight.

Long Jump: **Girls Jump First** Four Jumps. No Finals. There will be an open pit for 1 hour. Coaches box is between the runways. Piggybacking allowed after jumps 1 and 3.. Warmups/Run Throughs for the opposite gender will begin for 30 minutes after the completion of the opposite jump.

Triple Jump: **Boys Jump First** Four Jumps. No Finals. There will be an open pit for 1 hour. Coaches box is between the runways. Piggybacking allowed after jumps 1 and 3.. Warmups/Run Throughs for the opposite gender will begin for 30 minutes after the completion of the opposite jump.