



Lance Bagstad, M.S - District Administrator & Co-Athletic Director
Wyatt Anderson, M.S. - High School Principal & Co-Athletic Director
756 Raider Drive - Arcadia, WI 54612

FREDRICKSON-SONNENTAG INVITATIONAL ORDER OF EVENTS

3:15 COACHES MEETING (Under press box)

3:30 GIRLS POLE VAULT FOLLOWED BY BOYS

4:00 OTHER FIELD EVENTS

- Girls Shot followed by Boys (Wheelchair first)
 - 4 throws, no finals
- Boys Discus followed by Girls
 - 4 throws, no finals
- Girls Long & Boys Triple Jump
 - 4 Jump, no Finals
 - Cafeteria Style 4:00 - 5:30 (or until the runway is empty)
 - Open pit for warm-ups for 30 minutes following completion of the event
 - Opposite genders for 1 hour and 30 minutes following warm-ups
- Girls and Boys High Jumps run together
 - Boys - Blue Pit Girls - Red Pit

4:15 RUNNING

- 3200 meter relay
- 100/110 m Hurdles
- 100 m Wheelchair
- 100 m Dash
- 1600 m Run
- 800 m Relay
- 400 m Dash
- 400 m Relay
- 300 m Hurdles
- 800 m Run
- 200 m Dash
- 3200 m Run
- 1600 m Relay

AWARDS PRESENTATION - To Immediately Follow the 1600 M Relay

- Team Trophies: 1st place and Runner-Up
- Girl and Boy MVP Awards
- 1st and 2nd Place Medals
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GENERAL INFORMATION

- DATE:** Thursday, April 18, 2024
- SITE:** Arcadia High School Athletic Complex - Cashen Field
- ENTRIES:** **Two entries per event, one relay team.**
We will be using pttiming.com for entries this year. Entries are due by noon on Tuesday, April 18th. **NO CHANGES** will be allowed – scratches only at the coaches' meeting. Substitute runners if needed. **Entries no later than noon on Tuesday, April 16th**
- TEAMS:** Arcadia, Altoona, Aquinas, La Crosse Central, Fall Creek, G-E-T, Luther, Mondovi, West Salem, Whitehall
- RULES:** WIAA format (4 event limit, no more than 3 running or 3 field)
- SCORING:** 10-8-6-5-4-3-2-1. All scoring is based on times in heats. No finals will be conducted.
- AWARDS:** Medals for 1st and 2nd place. Trophies to boys and girls champions and runner-up. MVP boys and girls. **Coaches vote at the end of the meet near the press box.**
- EQUIPMENT:** Blocks will be provided. **Be sure your athletes use spikes no longer than 1/4"**. No tape is allowed on the rubberized surfaces.
- MISCELLANEOUS:** We ask that teams set up "camps" in the bleachers or outside the track and coaches stay in non-restricted areas. No coaches or athletes will be allowed on the track infield. The exception will be runners preparing for an immediate upcoming race, and high jump athletes and coaches in the high jump area only.
- ENTRY FEE:** \$200.00 for both boys and girls / \$100.00 for one team
- STARTING TIMES:** Coaches meeting – 3:15
Girls Pole vault – 3:30
Other field events - 4:00
Running - 4:15

EVENT COMPLEX MAP



⊕ Athletic Trainer/EMT

Coaches meeting below the press box, behind the grandstands

Implement weigh-in - shed to the east of the field events

Team Camps in designated areas only

Event workers and athletes warming up only inside the track.

Please contact Head Coach Tim Braunschweig (braunschweigt@arcadia.k12.wi.us) or Co-Athletic Directors Wyatt Anderson (andersonw@arcadia.k12.wi.us) or Lance Bagstad (bagstadl@arcadia.k12.wi.us) with any questions.