



Sauk Prairie Track and Field Sauk Prairie Regional Monday, May 20, 2024

Teams participating: Baraboo, Holmen, La Crosse Central, Onalaska, Reedsburg Area, Sauk Prairie, Sparta, and Tomah.

Sauk Prairie High School is pleased to host the WIAA Regional Track and Field Meet on Monday, May 20th. The meet will be held at the Sauk Prairie Stadium located at Sauk Prairie High School, 105 9th Street, Prairie du Sac. Field events will begin at 4:00 pm and the running events will start at 4:45 pm.

Entries: Entries will be completed through [Milesplit.com](https://www.milesplit.com) and are due by 8:00 am Friday, May 17th. Each team is allowed a maximum of 28 individual entries and one relay team per event. An athlete may be entered in a maximum of 4 events, but no more than 3 running or 3 field. Please be sure to list up to 6 members in each relay. Being listed as an alternate does count as one of an athlete's 4 events.

Timing Company and Results:

Accurace Timing will be timing the meet. They will provide live results at [accuracetiming.com](https://www accuracetiming.com)

Hip numbers will be required for all individual racers and for the anchor runners of each relay. Numbers will go on the left hip and left shoulder.

Bus Drop-Off/Parking: Athletes and coaches should be dropped off by the main entrance on the north side of the stadium, which is at the corner of 13th Street and Grand Avenue. Buses will be able to park along 13th Street or in the parking lot to the south of the high school after 3:45 pm. **There will not be any other entrance for athletes or spectators.**

Locker rooms: Locker rooms will not be available but there will be bathrooms near the concession stand. Please have your athletes dressed and ready to compete.

Admission: All team members, coaches and managers will be admitted at no charge through the main gate. All other individuals will be charged the \$6.00 entry fee set by the WIAA through the main gate at the north end of the stadium. **All tickets will be digital and sold at this link: [gofan](#) Please communicate this information to your families and spectators. No cash sales at the meet.**

Coaches Meeting: The coaches meeting will be held at 3:30 pm in team room #1, located right behind the concession stand.

Officials:

Meet Referee : Marcy Thurwachter

Starter : Keith Manke

Starter : Paul Becker

Field Referee: Steve Witcraft

Jury of Appeals:

Andy Sherman: Meet Manager

Starter 1: Keith Manke

Starter 2: Paul Becker

Darin Shepardson: Onalaska Girls Coach

Joe Becraft: Baraboo Boys Coach

Chad Wedan (Alternate): Holmen Boys Coach

Annie Hinkhouse (Alternate): Reedsburg Girls Coach

Appeals Process:

Please follow WIAA procedures using this link. [Appeals Process](#)

Implement Check-In: Implement check-in will begin at 3:00 pm in team room #1 located right behind the concession stand.

Team Tents:

Teams will be able to set up tents and camp areas in the grass to the north of the concession stand.

Athletic Trainer: An athletic trainer, from Sauk Prairie Healthcare, will be located near the finish line.

Restrooms: Restrooms are located at the north end of the stadium, right next to the concession stand.

Restricted Areas: Please be aware of and respect all restricted areas. These include the infield of the track, the press box, the start and finish line areas, and all flagged areas around the field events. Coaches boxes will be clearly marked near the field events. Only coaches of the event will be allowed in the coaches box. No spectators should be inside the fence around the track and not hanging out at events inside restricted areas such as the high jump or pole vault.

Spike Length and Track Markings: ¼ inch pyramid spikes are the only allowable spike length and type on our track surface. **No tape is allowed for markings anywhere on the track or runway surfaces. Chalk will be provided at all of those locations.**

Sauk Prairie's Stadium: The track runs north-south. The shot put and discus area are located in the northwest corner. The high jump is at the south end of the infield. The pole vault, long jump and triple jump are located in the southwest corner of the stadium.



Relay Exchange Zones: A Sauk Prairie Representative will be at each exchange zone for the 4 x 200m Relay and the 4 x 100m Relay. Assistance is requested from each team to ensure that all lanes are appropriately judged.

4 x 200m

1st/3rd Exchange
Incoming: Baraboo
Outgoing: Holmen

2nd Exchange
Incoming: Starters
Outgoing: Sauk Prairie

4 x 100m	1st Exchange Incoming: Tomah Outgoing: Sparta	2nd Exchange Incoming: Central Outgoing: Reedsburg	3rd Exchange Incoming: Onalaska Outgoing: Baraboo
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Field Events:

Will start at 4:00 pm.

There will be 60 minutes of open pit time for the long and triple jumps. The throws will be in flights. There will be 15 minutes between trials and finals and 30 minutes between the conclusion and start of the other gender in all field events.

Running Events:

Will start at 4:45 pm.

DIVISION 1 REGIONAL SCHEDULE

- Boys Triple Jump - 4:00**
- Girls Long Jump - 4:00**
- Boys Discus - 4:00**
- Girls Shot Put - 4:00**
- Boys & Girls High Jump - 4:00**
- Boys & Girls Pole Vault - 4:00**
- 1600 Meter Coed Wheelchair - 4:30**
- 3200 Meter Relay Girls - 4:45**
- 3200 Meter Relay Boys**
- 100 Meter Dash Trials Girls**
- 100 Meter Dash Trials Boys**
- 100 Meter High Hurdle Trials Girls**
- 110 Meter High Hurdle Trials Boys**
- Break of 15 minutes**
- 110 Meter High Hurdle Finals Boys**
- 100 Meter High Hurdle Finals Girls**
- 100 Meter Coed Wheelchair**
- 100 Meter Dash Finals Girls**
- 100 Meter Dash Finals Boys**
- 1600 Meter Run Girls**
- 1600 Meter Run Boys**
- 800 Meter Relay Girls**
- 800 Meter Relay Boys**

400 Meter Coed Wheelchair
400 Meter Dash Girls
400 Meter Dash Boys
400 Meter Relay Girls
400 Meter Relay Boys
300 Meter Low Hurdles Girls
300 Meter Intermediate Hurdles Boys
800 Meter Run Girls
800 Meter Run Boys
800 Meter Coed Wheelchair
200 Meter Dash Girls
200 Meter Dash Boys
3200 Meter Run Girls
3200 Meter Run Boys
1600 Meter Relay Girls
1600 Meter Relay Boys

Event checkout for athletes competing in another event will be 15 minutes.
The event judge will record check out times when the athlete's turn in rotation is up and they notify the event judge of their check out. Check out is required in the long and triple jump finals.

Scoring: 10-8-6-5-4-3-2-1

Awards:

Team plaques for the girls and boys team champions.

All clerking and hip numbers will be handled in the northwest corner, by the 100m Start.

Andy Sherman
Sauk Prairie Head Track Coach
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