



**Sauk Prairie Track and Field
Sauk Prairie Regional
Monday, May 23, 2022**

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 23rd. 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 pttiming.com and are due by 8:00 am Friday, May 20th. 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

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.

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.

Coaches Meeting: The coaches meeting will be held at 3:15 pm in the team room #2, located right behind the concession stand bathrooms. Coaches and officials will be provided with a hospitality room located in this team room.

Jury of Appeals:

Andy Sherman: Meet Manager

Starter 1:

Starter 2:

Brett Hinkhouse: Reedsburg Boys Coach

Jessa Von Haden: Tomah's Girls Coach

Darin Shepardson(Alternate): Onalaska Boys Coach

Nick Geiger (Alternate): Baraboo Girls Coach

Appeals Process:

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

Officials:

Marcy Thurwachter

Howard Jubek

Jason Lowery

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. If we need more space, we will direct you to other areas that would work.

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 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. 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	2nd Exchange
	Incoming: Baraboo Outgoing: Holmen	Incoming: Starters Outgoing: Reedsburg

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

Running Events:

Eight athletes (heat winners + next fastest times) will advance to the finals in the 100, 200, and high hurdles.

Field Events:

Nine athletes will advance to the finals in the long jump, triple jump, shot put and discus. Finals will be run in reverse order of placing from the trials.

Boys pole vault followed by girls pole vault- Pole vault will move up by 3" when three remain.

Girls high jump, followed by boys high jump -High jump will move up by 1" when three remain.

Girls shot put followed by boys shot put flights by seeding.

Boys discus, followed by girls discus flights by seeding.

Girls long jump (open pit trials from 4:00 to 5:15), finals at 5:30

Boys triple jump (open pit trials from 4:00 to 5:15), finals at 5:30

Boys long jump and girls triple jump open pit trials will begin 30 minutes after the completion of the finals for the opposite gender.

Open pit trials will last 75 minutes, and finals will begin 15 minutes after completion of the trials. Times will be announced.

Boys high jump and girls pole vault will begin no more than 30 minutes after the completion of the opposite gender's event at the discretion of the event judge. Starting times will be announced.

Boys shot put and girls discus will begin no more than 30 minutes after the completion of the opposite gender's event at the discretion of the event judge. Starting times will be announced.

**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:

No individual awards at the regional level.

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
andy.sherman@saukprairieschools.org

Sauk Prairie Regional 2022 Order of Events

4:00 pm **Field Events**

Girls Long Jump

Girls High Jump

Boys Discus

Girls Shot Put

Boys Triple Jump

Boys Pole Vault

Wheelchair athletes will compete in the shot put with the appropriate gender.

4:45 pm **Running Events**

3200m Relay Girls

3200m Relay Boys

100m Dash Trials Girls

100m Dash Trials Boys

100m High Hurdles Trials Girls

110m High Hurdles Trials Boys

200m Dash Trials Girls

200m Dash Trials Boys

15 minute break per WIAA procedures

100m High Hurdle Finals Girls

110m High Hurdle Finals Boys

100m Coed Wheelchair

100m Dash Finals Girls

100m Dash Finals Boys

1600m Girls

1600m Boys

4 x 200m Relay Girls

4 x 200m Relay Boys

400m Coed Wheelchair

400m Dash Girls

400m Dash Boys

4 x 100m Relay Girls

4 x 100m Relay Boys

300m Low Hurdles Girls

300m Intermediate Hurdles Boys

800m Girls

800m Boys

200m Dash Finals Girls

200m Dash Finals Boys

3200m Girls

3200m Boys

4 x 400m Relay Girls

4 x 400m Relay Boys