

WIAA REGIONAL TRACK MEET

Baraboo High School Monday May 22, 2023

Field Events 4:00

Running Events 4:45

DIVISION 1 REGIONAL SCHOOLS

Baraboo

Holmen

La Crosse Central

Sauk Prairie

Onalaska

Reedsburg

Sparta

Tomah

Please read through the [WIAA Track & Field Tournament Regulations](#)

We are honored to serve as host for the 2023 Regional Championships. We recently had our track resurfaced, and know that your athletes will enjoy competing at our facility. The following guidelines will lead to the success of the meet.

Admissions: All tickets will be digital, and sold on www.JustAGameTickets.com. Tickets are \$6 each (plus a processing fee). Tickets can be purchased at the meet with a credit/debit card. There will be no cash sales at the event. **Please communicate this to the parents at your school.**

Restrooms are available at the track, but locker rooms are not available. Teams should come dressed and ready to compete.

¼ inch **pyramid spikes** are allowed on the track and runways. Throwing circles are cement.

Chalk will be provided to all relay zones and jumping venues. Please **no tape** on track or runways.

Throwing implements will be weighed in at the storage shed that is at the northwest corner of the track (nearest the throwing areas) from 3:10 - 3:50

Restricted areas include: track infield, start/finish area, flagged/roped off event areas. Coaches and non-competing athletes need to remain outside the 4 foot perimeter fence to the track. **Coaching boxes** will be highlighted in paint, and cones at the field events. Team camps can set up along the north wall of the high school, along the outside fence near pole vault runway, or under the west bleachers.

Please advise fans that **no dogs should be inside our athletic facilities.**

Warm-up area for athletes will be the practice field to the west of the track. Also the infield on the east side will be flagged for warm ups. There will be hurdles supplied to that area.

In the 100 meters, high hurdles, and 200 meters 9 will qualify for the finals. **Heat winners plus the next fastest times.** Long jump, Triple jump, Shot put, and Discus will also advance 9 to finals. (3 trials – 3 finals) **Reverse order in the field events for the finals.**

Athletes have a maximum of 15 minutes from the time they are called in a **field event**, until they must make themselves **available for the next trial**.

Coaches - Please have your bus drivers drop athletes off in the bus lane on Draper Street, which is adjacent to the track. Advise your drivers to park on a residential street just east of the athletic complex. Our bus lane has to be **completely open from 3:15 - 3:50** for our students' departure. Buses can park in the high school parking lot after that time. Thank you for your consideration.

ENTRIES

- A. Schools may enter a **maximum** of:
One entry in each relay event
28 - Individual event entries
Maximum of three in any **individual event**
- B. An athlete may enter a **maximum** of four events, but in no more than three running or three field events. Please remember being listed as a **substitute** on a relay team(s) counts as an event.
- C. **Entries are due at 8:00 AM on Friday May 19, 2023**
- D. \$150.00 entry fee includes boys and girls-submit check to: Baraboo High School

wi.milesplit.com

Coaches Meeting will be held at 3:45 on the north west corner of the bleachers. Please have **the most recent pole vault verification sheet (Monday May 15th)** available to be turned in at this time.

Jury of Appeals will meet at 4:00 in the west press box.

Jury of Appeals

- Warren Terry	Starter
- Dan Egan	Starter
- Annie Hinkhouse	Girls Coach
- Andy Sherman	Boys Coach
- Tom Leaver	Meet Manager

Officials

Marcy Thurwachter - Meet Referee
Warren Terry - Starter
Dan Egan - Starter

Athletic Trainer – Matt Bekkedal LAT SSM Health Care Baraboo
Location: Finish line infield

If you have any questions, please contact: Tom Leaver - Meet Manager
(608) 393-8902
tleaver@barabooschools.net

GOOD LUCK TO ALL TEAMS!

REGIONAL TRACK & FIELD MEET SCHEDULE

FIELD EVENTS

3:45 Coaches Meeting

4:00 Boys: Pole Vault, Triple jump, and Discus

Girls: High Jump, Long Jump, and Shot Put (Girls WC first) – all to completion

Followed by:

Girls: Pole vault, Discus and Triple Jump

Boys: Shot Put, High Jump, and Long Jump – all to completion

****All horizontal jumps will have open pit (3) trials for 75 minutes followed by top 9 returning for (3) finals in reverse order.**

RUNNING EVENTS

4:45 Girls 3200 Relay

Boys 3200 Relay

Girls 100 Dash (trials)

Boys 100 Dash (trials)

Girls high hurdles (trials)

Boys high hurdles (trials)

Girls 200 Dash (trials)

Boys 200 Dash (trials)

******* 15 minute break*******

Opening Ceremonies - National Anthem

Girls high hurdles

Boys high hurdles

Girls 100 Wheelchair

Girls 100 Dash

Boys 100 Dash

Girls 1600 Run

Boys 1600 Run

Girls 800 Relay

Boys 800 Relay

Girls 400 Wheelchair

Girls 400 Dash

Boys 400 Dash

Girls 400 Relay

Boys 400 Relay

Girls 300 Hurdles

Boys 300 Hurdles

Girls 800 Wheelchair

Girls 800 Run

Boys 800 Run

Girls 200 Dash

Boys 200 Dash

Girls 3200 Run

Boys 3200 Run

Girls 1600 Relay

Boys 1600 Relay