

2020 INDOOR CONFERENCE TRACK MEET  
SATURDAY APRIL 2, 2022 AT UW-PARKSIDE

Field house opens at 7:30AM and the coaches meeting is at 8:00AM

LONG JUMP, 8:15AM

Open pit trial trials followed by finals. Girls first to completion then Boys.

TRIPLE JUMP: begins 20 minutes after Long Jump. Girls first to completion then Boys.

Time between prelims and finals for both Long and Triple Jumps is 10 minutes. Open pit for Long and Triple Jump prelims is 40 minutes.

FIELD EVENTS 9:00AM

SHOT PUT- Trials then finals. GIRLS first to completion then BOYS

HIGH JUMP- GIRLS first then BOYS

POLE VAULT- BOYS first then GIRLS      POLE VAULT COACHES ! YOU MUST HAVE A WEIGHT SHEET DATED 3/7 OR LATER

ALL RUNNING EVENTS GIRLS FIRST FOLLOWED BY BOYS

Running trials 10AM

Finals-running 11:00AM (3200 m relay).

ENTRIES- Are due THURSDAY MARCH 31st. 6:00 PM. All entries must be done on the website <https://wi.milesplit.com/> Any problem with entries contact Nate Schreiber at 414-322-2231.

COACHES Any changes to the individual entries for relay events require YOU report changes to the scorers table prior to the event. Failure to do so may result in disqualification. 35 individual entries. Maximum 3 per event and 1 relay team Entries will be posted by 9am APRIL 1st .

Please notify meet management with any wheel chair athletes as to their entry so arrangements can be made.

Final results will be posted on the [www.TrackSideTiming.com](http://www.TrackSideTiming.com) web site.

ALL SCRATCH AND REPLACE-On meet day, only scratch and replacements will be allowed with a School Administrator or Doctor's approval. Any athlete scratched and replaced on meet day cannot compete in any other event. Any challenges about heat cutoff will be discussed at the coaches meeting. Dennis Meyer will consult on heat cutoffs.

AUTOMATIC TIMING-will be provided by TrackSide Timing & Meet Management

JURY OF APPEALS-Mark Pagach, Jim Steinberg, Dave Sternig  
Coach (Mukwonago ) BOYS, Coach (West) GIRLS . OFFICIALS Dennis Meyer,  
Jim Steinberg, Mark Pagach, Tom Emmerich, Pete Nielson, and John Miller.

QUESTIONS CAN BE REFERRED TO DAVE STERNIG 414- 840-2289

INDOOR TRACK SURFACE-200 METERS - MARTIN IS 2000. SPIKES ARE ALLOWED **1/4inch or smaller, PYRAMID style spikes only** (NO pins or Christmas trees). All distances are meters. Lanes available 6 with 8 on the straightaway. High Jump is competed on an all-purpose surface . We will be checking spikes.

- EXCHANGE ZONES-1 exchange zone, of approx. 20 meters is used for all races. Sliding exchanges are used and NO ACCELERATION ZONES.
- EXCEPTION: The 4x100 will use an 30 meter exchange zone. Runners must start entirely in the exchange zone and must receive the baton in the exchange zone.
- SHOT PUT WEIGH-No Weigh In and ALL shot puts will be pooled.
- TAPE- ONLY ATHLETIC TAPE can be used. All marking materials must be removed after competition ends. If your marking material damages the surface you will be charged.
- COACHES AREA- Shot Put Coaches will be allowed in the MARKED OFF AREA COACHES WILL NOT BE TOLERATED AT THE SCORERS TABLE OR FINISH LINE!!!
- TEAM SECTIONS- There is limited seating. Teams MUST use the room provided by Parkside to store personal and team equipment along with backpacks. Spike bags may be brought into the competition area. The lobby area is to remain clear of all items.
- ADMISSION-\$6.00 for adults, \$4 for high school and \$1 for grade school. Classic 8 Conference passes will be honored.
- CONCESSIONS WILL BE SOLD BY UW-PARKSIDE. There is NO CARRY IN OF FOOD ALLOWED. Water and Gatorade are allowed.
- WARM-UPS The Parkside Gym is available for warm-ups. Athletes may also warm-up on outside lanes when available.
- RESULTS will **NOT** be post but are available live on [www.tracksidetiming.com](http://www.tracksidetiming.com).
- TRAINER- Kettle Moraine will supply the trainer. We will not have access to water or ice. Each school will supply the trainer 1 (one) bag of ice.

- FINAL DASH 8, FINAL HURDLES 8, FINAL FIELD EVENTS 9  
HEIGHTS 2, INCREMENTS LOWER THAN THE 8<sup>th</sup> PLACE

#### INDOOR ORDER OF EVENTS

8:15AM	LONG JUMP (3 jumps open pit 40 minutes) Followed by 3 Jumps in finals 10 minutes between prelims and finals
9:00AM	HIGH JUMP POLE VAULT SHOT PUT (3 throws trials 3 throws finals)
	TRIPLE JUMP 20 minute warm-up will be allowed after Triple Jump (3 jumps open pit 40 minutes) Followed by 3 jumps in finals. 10 minutes between prelim and finals
9:45AM	1600 WHEELCHAIR
10:00AM	55 HIGH HURDLE TRIALS 55 DASH TRIALS
11:00AM	3200 RELAY 55 HURDLE FINALS 55 WHEELCHAIR 55 DASH FINALS
	1600 RUN (MAXIMUM OF 12 PER SECTION)
	800 RELAY 400 WHEELCHAIR 400 DASH
	400 RELAY
	200 LOW HURDLES (GIRLS) 200 INTERMEDIATE HURDLES (BOYS)
	800 RUN (MAXIMUM 12 RUNNERS PER SECTION) 800 WHEELCHAIR
	200 DASH 3200 RUN (1 SECTION) 1600 RELAY

TO THE FINALS: DASH 8, HURDLES 8, FIELD EVENTS 9

STARTING HEIGHTS WILL BE 2 INCREMENTS LOWER THAN THE 8<sup>TH</sup> SEEDED HEIGHT