

# 2023 SOUTHERN LAKES CONFERENCE

## JV TRACK AND FIELD MEET

HOSTED BY WATERFORD UNION HIGH SCHOOL

**To:** AD and Track & Field Coaches of the SLC

**From:** Jill Stobber, WUHS Athletic and Activities Administrator  
Michele Sittig and Jody Johnsrud, WUHS Head Track Coaches

**Date/Time:** Thursday, May 18th, 2023

- Coaches/Scratch Meeting @ 3:30 PM in the room behind the concessions
- Field Events: 4:00 PM
- Running Events: 4:15 PM

### Entry Information & Deadlines

- **Entries will be accepted online only** at <https://wi.milesplit.com> which can also be accessed at [www.tracksidetiming.com](http://www.tracksidetiming.com)
- The meet is titled “**2023 JV SLC Championship**”.
- You must have all entries submitted by **Tuesday, May 16th at 8:00 PM** for this meet.
- Heat sheets and results will be posted at [www.tracksidetiming.com](http://www.tracksidetiming.com).
- **Wheelchair participants** should be emailed to [Tracksidetiming@gmail.com](mailto:Tracksidetiming@gmail.com) by the deadline as well.

### Entry Limits:

1. Any athlete who competes and places in the top 8 in any specific event at the Varsity Conference Meet is exempt from competing in the JV Conference Meet in that particular event.
2. No athlete may compete in more than four (4) events between the JV and Varsity Conference Meets.
3. Any senior who did not compete in the Varsity Conference Meet will be allowed to compete in the JV Conference Meet.
4. “Unlimited entries” of any athletes not competing in the Varsity Conference Meet.

### Track/Equipment:

Eight lane, rubberized latex track, ¼ inch spikes allowed. The meet will utilize F.A.T. Tape or chalk permitted.

**Questions:** If you have any questions, please e-mail one of the track coaches Michele Sittig, [msittig@waterforduhs.k12.wi.us](mailto:msittig@waterforduhs.k12.wi.us) or Jody Johnsrud, [jjohnsrud@waterforduhs.k12.wi.us](mailto:jjohnsrud@waterforduhs.k12.wi.us).  
Jill Stobber, [jstobber@wuhs.us](mailto:jstobber@wuhs.us)

### Additional Notes:

- Concessions will be available.
- There will be no awards presented at this meet.

- Please make sure your tent areas are located in the grassy field adjacent to the long and triple jump pits.

## **Order of Events**

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

### **Field Events: 4:00**

**Shot Put** (girls, followed by boys)

**Discus** (boys, followed by girls)

**Pole Vault** (boys, followed by girls)

**High Jump** (girls, followed by boys)

**Long Jump** (Boys open pit from 4:00 pm to 5:00 pm, girls to follow from 5:30 pm to 6:30pm).

**Triple Jump** (Girls open pit from 4:00 pm to 5:00 pm, boys to follow from 5:30 pm to 6:30pm).

### **Running Events: 4:15 pm**

3200 Meter Relay

100/110 Meter Hurdles

100 Meter Dash

1600 Meter Run

800 Meter Relay

400 Meter Dash

400 Meter Relay

300 Meter Low/Intermediate Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

1600 Meter Relay

All races will be timed finals.

Girls will race first, followed by Boys.

**LONG JUMP/TRIPLE JUMP:** Located outside the track on the West side of the track. There will be three (3) jumps allowed. No finals. Competition will be conducted in an open pit format with an hour time limit.

**HIGH JUMP:** Located in the North end zone inside the track near the finish line. Starting heights will be determined after entries are submitted and communicated at the coaches' meeting.

**SHOT PUT:** Located behind the West bleachers by the baseball batting cages. Athletes will be arranged in flights. There will be three (3) throws allowed. No finals. Competition will be conducted in a 1-1-1 format.

**DISCUS:** Located behind the West bleachers by the baseball batting cages. Athletes will be arranged in flights. There will be three (3) throws allowed. No finals. Competition will be conducted in a 1-1-1 format.

**POLE VAULT:** Located in the South end zone inside the track opposite of the finish line. Starting heights will be determined after entries are submitted and communicated at the coaches' meeting. Please make sure to have your updated Pole Vault Weight Verification form.