

Whitman Track & Field 2025

FEES→

- There is a **\$25 participation fee** for Track and Field.
- Online Payments Can Be Made After Track Season Starts- Families are encouraged to pay fees online through Infinite Campus by clicking [here](#). If you are unable to pay online, please send a check directly to school
- A uniform shirt must be purchased for a cost of **\$12**. This shirt will be worn at all track meets. Access Infinite Campus by clicking [here](#).
 - This fee will be added on to Infinite Campus
 - You may use the same track shirt as last year if you purchased one.

FORMS→

- Each athlete must have a **physical form** or **alternate year** card turned into the office.
- Each athlete must have a **concussion form** signed and turned into the office. The concussion form is attached.
- Each athlete must sign the **code of conduct** agreement.

COACHING STAFF

Head Coach

Jacqueline Kolstad
kolstaja@wauwatosak12.wi.us

Assistant Coaches

Luke Thein
theinlu@wauwatosak12.wi.us
Kurt Hansen
hansenku@wauwatosak12.wi.us
Nichole Clark

Athletic Director

Don Devine
devinedo@wauwatosak12.wi.us
773-2627

MEETS

Middle school meets limit athletes' participation to FOUR total events. We have four different types of meets-- duals, triangulars, quadrangulars, and invitationals. Our philosophy is to have ALL of our athletes be involved in the dual meets, tri meets, and quad meets. We are restricted in our line-ups for invites as there is a maximum number of athletes allowed per school per event. Our philosophy is to put those athletes who have recorded the better times, distances, and heights during our dual/tri/quad meets into those line-ups.

Participation in meets is also based on the following:

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|----------------------|---|
| 1) ATTENDANCE | 4) ACADEMIC ELIGIBILITY (No Failing Classes) |
| 2) ATTITUDE | 5) BEHAVIOR during the school day, at practice, and at meets |
| 3) WORK ETHIC | 6) PARTICIPATION |

ORDER OF RUNNING EVENTS

1. 110 Hurdles
2. 100 M Dash
3. 1600 Run
4. 4 x 200 Relay
5. 400 M Dash
6. 4 x 100 Relay
7. 800 M Run
8. 200 M Dash
9. 4 x 400 Relay

FIELD EVENTS

- Long Jump
- Triple Jump
- High Jump
- Shotput
- Discus

