

2023 TRACK BY-LAWS

1. **PHILOSOPHY**-Competition will be provided at all levels among member schools to promote the growth of track and field in the conference.
2. **STARTING DATE**-The WIAA season starting date will be used by all schools.
3. **MEET MANAGEMENT** In all conference meets it is the hope that the host school will be able to provide all timers, judges, and workers needed to host a meet. However, we realize as a critical part of the quality of any track meet is having competent workers. If a host school cannot provide enough workers to host a conference meet to the level of our expectations then the host school should solicit the other conference member schools to help provide competent workers. If a school solicits help from member schools we expect that schools should willingly provide the needed help without criticism. The Conference Commissioner shall secure meet officials and THE FULLY AUTOMATIC TIMING SYSTEM AND THE SCORING/SEEDING for the indoor/outdoor meets. Replacements on the day of the meet in Varsity Conference Meets may only be made with a statement signed by an administrator, a physician, or in special circumstances, a head coach. A special circumstance might be when an administrator or physician is not available. An athlete who is scratched and replaced may not compete in any meet events. There are three sets of conference sanctioned meets, the indoor meets, the relay meets, and the outdoor meets. The girls have JV and Varsity indoor meets, JV and Varsity relay meets, and JV and Varsity outdoor meets. The boys have JV, and Varsity indoor meets, JV and Varsity relay meets, and JV, and Varsity outdoor meets. Within each set of conference sanctioned meets an athlete may compete in more than one conference meet (JV and Varsity), but they may not compete in the same event(s) within the same set of conference sanctioned meets. To score team points in a running event, an athlete/team must legally complete their event. IF ANY ATHLETE/S WILL BE REPORTING LATE FOR ANY CONFERENCE EVENT DUE TO TESTING, NOTIFICATION TO THE COMMISSIONER BEFORE THE EVENT WILL ALLOW THE COACH TO CHECK IN THEIR ATHLETE/S.
4. **JURY OF APPEALS**-The games committee shall be established as stated in the current federation handbook. The committee shall include the meet manager, 1 or 2 meet officials, and 3=4 coaches to bring the total of 5 (five).
5. **INDOOR CONFERENCE MEETS**-The indoor conference meet will be held on the first Saturday in April. Each school will be allowed a **maximum of three (3) entries per individual event and one (1) entry per relay event and 35 individual entries.** An individual may participate in a maximum of four (4) events per WIAA rules. Meet starting times shall be determined yearly by the host school if held on a Saturday. Meets held during the week will start at 5 pm.
 - A. Field Events-Field events will consist of the Triple Jump, Long Jump, Pole Vault, High Jump, and Shot Put. There will be 3 attempts in trials and 3 attempts in finals in the long jump, triple jump, and shot put. The top 9 trial competitors will go to the finals competition. The trial attempts in the long jump and triple jump competitions will be contested in an open pit format. The host meet management will designate the length of time in the open pit. The finals in the long jump and triple jump will be contested in-flight format. The finals will start 10 minutes after the scheduled close time of the open pit, provided all jumps have been completed. The 10-minute break between trials and finals can start immediately after the completion of the trials, provided all trial jumps have been completed. There will be a 20-minute warm-up between sessions of the Long and Triple jumps. Starting heights in Pole Vault and High Jump (Varsity) will be set by using the same criteria as the WIAA state meet. The starting heights will be 2 increments lower than the 8th place entry for Varsity Indoor. The boy's vault will be first in even number years and the girls' high jump will be first in even number years. **NOTE: IN THE HIGH JUMP THE BAR WILL MOVE UP 2" UNTIL 6 COMPETITORS ARE LEFT AND THEN 1" UP UNTIL COMPLETION. IN THE POLE VAULT THE BAR WILL MOVE UP 6" UNTIL 6 COMPETITORS ARE LEFT AND THEN 3" UNTIL COMPLETION. WHEELCHAIR SHOT-PUT WILL BE TRIAL 1ST.**

- B. Running Events-Running events will have the following order:
1. 1600m Wheel Chair
 2. 55m High Hurdle Trials
 3. 55m Dash Trials
 4. 3200m Relay
 5. 55m High Hurdle Finals
 6. 55m Wheelchair
 7. 55m Dash Finals
 8. 1600m Run (maximum of 12 runners in a section)
 9. 800m Relay
 10. 400m Wheelchair
 11. 400m Dash
 12. 400m Relay Heat 1=7-5-6-8 Heat 2= 3-1-2-4
 13. 200m Low Hurdles (girls)
 14. 200m Intermediate Hurdles (boys)
 15. 800m Run (Maximum of 12 runners in a section)
 16. 800m Wheelchair
 17. 200m Dash
 18. 3200m Run (1 section)
 19. 1600m Relay
- C. In the 55m Dash and High Hurdles, we will advance 8 athletes to the finals from the trials on a 4-lane track. The finals will consist of two heats. The four athletes advancing to the finals with the four fastest times will be in heat 2 of the finals. The next four fastest will be in heat 1 of the finals. The final 8 places are determined by the times run in the final two heats. Place finishes can come from either heat of the finals. Heat winners do not automatically qualify.
- D. In the 55m Dash, High Hurdles, and Low/IM hurdles, we will reseed to condense heats whenever the lanes allow us to do so.
- E. An automatic timing system should be used at the indoor varsity meet. This AUTOMATIC SYSTEM ALONG WITH THE SCORING/SEEDING WILL be secured by the COMMISSIONER. It has been approved to use thousandths of a second to break ties if the automatic system goes to thousandths of a second. Entry changes must be made by 8 pm the night before the meet. All entries to be F.A.T. or noted to be handheld.
- F. Scoring for the indoor conference meets shall be 10-8-6-5-4-3-2-1.
- G. Awards-Varsity medals will be awarded to 1ST-3RD places.
- H. The Conference will sponsor JV indoor track meets. The boys will be at Oconomowoc (2023 & 24) and the Girls at Wauk. South (2023 & 24). The host school will determine what events can be contested. **If Triple Jump is held NO EXHIBITION jumpers will be allowed. If 10 or more days separate the JV meet from the Varsity meet each meet will be considered separate and JV athletes may compete in the Varsity meet with no event limitations.** For entries see #9 Non-Varsity Outdoor.
6. **CONFERENCE RELAYS**-The Conference relays will be held at separate sites for the boys and the girls. Each meet will have Varsity and JV competitions. The meet will be held during the 7th week of the track season Wednesday at 4 pm with a rain date the following Thursday at 4 pm. Federation rules will be followed.
- A. Entries: The host school shall send out entry forms and meet information two weeks before the meet. An individual may be in a maximum of four (4) events, but no more than three (3) running or three (3) field events. Entries must be returned no later than the Friday preceding the meet.
 - B. Relay Team Size-All field events and hurdle events shall be three (3) person teams. A field event relay team must have at least one legal mark to earn team points. In the high hurdle and the 300 low/IM hurdle composite relays a school must have three hurdlers to score team points. All other running events shall be four (4) person teams.

- C. Seeding and Flight Assignments-No seed meeting will be held. The meet manager will use a random draw for field events. The slowest Varsity team will run with the fastest JV teams as determined by meet management. Heat and running lane assignments will be seeded according to Federation rules. Coaches are required to submit times for running events. Those times are to be F.A.T. or noted as handheld. The shot and discus will be the same draw, and the long, and triple jumps will be the same draw. In all four events the flights will flip-flop so no school gains an advantage.
- D. Time Schedules-All field events and the 1600m composite relay will start at 10 am. Opening heights will be determined at the coach's meeting. The "5 alive" rule will be used in the pole vault and the high jump.
- E. Field Events-The host school shall determine the schedule in the long jump, triple jump, shot put, and discus as dictated by the facilities. When possible, these events should be run concurrently separated by Varsity and JV. The best of the four (4) throws/jumps or each contestant will be added together to obtain the team total. Ties will remain unbroken.

F. POLE VAULT - 1 YEAR TRIAL FORMAT - Relay Pole Vault Adaptation 2023

At the relay event, the pole vault will run in two flights on one pit, or simultaneously if two pits are available. The first flight will include the vaulters with the highest seed regardless of their designation as varsity or JV. This pit will open at 7-06 for girls and 9-06 for boys. The second flight will include the remaining vaulters with lower-seeded heights. It will have a lower opening height depending on the seeds. Coaches will need to enter their athletes in the appropriate flight during registration.

- G. Running Events-In all running events the Varsity will run before the JV. The following order will be used:
 1. 1600m Composite Relay-start (4pm) (Waterfall start)
 2. G 300m/ B 330m High Hurdle composite-6 sections (5:30pm) 3x100
 3. 1600m Medley Relay-200x200x400x800 4 turn stagger (red-red, red-red, blue-blue, cut immediately)
 4. 400m Relay-2 sections-lanes all the way.(yellow-yellow, yellow-yellow, yellow-yellow).
 5. 3200m Relay-2 sections (1 turn stagger, blue –blue)
 6. 800m Relay-2 sections-lanes all the way (red-red, red-red, yellow-yellow)
 7. Distance Medley Relay-1200x400x800x1600 (Waterfall start blue-blue)
 8. Sprint Medley 2 sections 100x100x200x400 (yellow-yellow, yellow-yellow, blue-blue, cut immediately)
 9. 900m Hurdle Relay composite -6 sections-seeded
 10. 1600m Relay-2 sections (blue-blue stagger 2nd runner cuts after 1 turn then blue-blue)
- H. Scoring-All events will be scored 10-8-6-5-4-3-2-1
- I. Awards-Varsity medals for 1st place.

- 7. **OUTDOOR CONFERENCE MEET**-The outdoor Conference Meet will be a coed Varsity level meet at the same site on two (2) Thursdays preceding the WIAA Regional meet. The rain date will be the following day.

A. Meet Guidelines-

1. There will be a pre-meet coaches' meeting on the day of the competition. At this meeting, final meet details will be reviewed. If there are any challenges about seed times from one school to another, then this meeting is where that should take place. Coaches should be able to justify seed times that have been submitted. If seed times are estimates or relay splits then that should be noted on the entry form and if there is a question about the accuracy the challenge can be taken to the Jury of Appeals. The

Jury of Appeals can rule to reseed an event. All times submitted must be F.A.T. or noted as handheld.

2. AN AUTOMATIC TIMING SYSTEM ALONG WITH SCORING/SEEDING WILL BE SECURED BY THE COMMISSIONER.

3. Entries are limited to a maximum of four (4) events per WIAA rules. **Schools are limited to a maximum of three (3) participants per event; 1 relay team per event and 35 individual entries.**

4. The meet director will determine the order of all field events.

5. Heats in the 110m High Hurdles (boys), 100m High Hurdles (girls), and 100m Dash will be seeded. Qualifiers for the finals will be the heat winners with all lanes filled according to the heat times without preference for heat winners. One-hundredths of a second will be used to break ties. It has been approved to use thousandths of a second to break ties if the automatic system goes to thousandths of a second.

6. Sections seeded by times will be run in lanes in the 400m Dash, 300m Intermediate Hurdles (boys) and the 300m Low Hurdles (girls). The final places will be determined by time. Ties for awards will be determined by a coin flip. It has been approved to use thousandths of a second to break ties if the automatic system goes to thousandths of a second.

7. The 800m and 1600m Runs will follow the WIAA guidelines for sections and starting procedures.

8. The same number of contestants, eight (8), will be taken to the finals in all running events.

9. The Commissioner will assign all officials, clerks, and scorers and will also establish

seeding

procedures.

10. All seeding results will not be available until after the specified time.

- B. Field Events-Field events will start at 4:00 PM and will include the high jump, long jump, triple jump, pole vault, shot put, and discus. WIAA standards for starting heights and rotations will follow WIAA rotations. In the shot put and discus the flights will be determined by performance. There will be 3 attempts in trials and 3 attempts in finals in the long jump, triple jump, discus, and shot put. The top 9 trial competitors will go to the finals competition. The trial attempts in long and triple jump competitions will be contested in an open pit format. The host meet management will designate the length of time in the open pit. The finals in long and triple jump will be contested in-flight format. The finals will start 15 minutes after the scheduled close time of the open pit, provided all jumps have been completed. The 15-minute break between trials and finals can start immediately after the completion of the trials, provided all trial jumps have been completed. **NOTE: IN THE HIGH JUMP THE BAR WILL MOVE UP 2" UNTIL 6 COMPETITORS ARE LEFT AND THEN 1" UP UNTIL COMPLETION. IN THE POLE VAULT THE BAR WILL MOVE UP 6" UNTIL 6 COMPETITORS ARE LEFT AND THEN 3" UNTIL COMPLETION. WHEELCHAIR SHOT-PUT ATHLETES WILL TRIAL 1ST.**

- C. Running Events-Running events will start at 5:00 pm and will have the following order:

- 1 1600 Coed Wheel Chair
- 2 3200m Relay
- 3 100m High Hurdles trials (girls)
- 4 110m High Hurdles trials (boys)
- 5 100m Dash
- Break 20 minutes-----
- 7 100m High Hurdles finals (girls)
- 8 110m High Hurdles finals (boys)
- 9 100m Coed Wheelchair
- 10 100m Dash Finals
- 11 1600m Run-1 Heat
- 12 800m Relay
- 13 400m Coed Wheelchair
- 14 400m Dash
- 15 400m Relay
- 16 300m Low Hurdles (girls)
- 17 300m Intermediate Hurdles (boys)
- 18 800m Run-12 in fast heat

- 19 800m Coed Wheelchair
- 20 200m Dash finals
- 21 3200m Run
- 22 1600m Relay

- D. Awards Scoring-Eight (8) place scoring 10-8-6-5-4-3-2-1.
- E. Varsity medals will be given to the top three (3) individuals and relays.

- 8. **JV- INVITE** The Conference will: Sponsor an additional JV outdoor invite
To be held in week 6 of the track season. Unlimited entries. NO RELAYS

FIELD EVENTS

Shot-put and Discus 4throws NO FINALS
Long and Triple Jumps 4 Jumps NO FINALS

Eight (8) place scoring 10-8-6-5-4-3-2-1 will be used. All races are timed finals. The host school will set entry deadlines and worker needs. The other conference schools will provide workers for various events. Start time 4pm. There is no rain date.

- 9. **NON-VARSITY OUTDOOR MEETS-** The Girls' and Boys' outdoor meets will have a triple jump and there will be eight (8) place scoring, 10-8-6-5-4-3-2-1. All races are timed finals. The other conference schools may be asked to work various events. The Commissioner will assign the meet officials. Boys and Girls Starts Field-4:00pm; Run 5pm . There is no rain-out date.

The Conference will sponsor a JV outdoor meet for both Boys and Girls with 3 entries and 3 exhibitions per event and 2 relays per school.

A school can only have 1 scoring relay team per relay event.

If a school is entering an exhibition relay team, then that school must designate the relay team that is competing for team score. A school may enter one (1) exhibition relay teams in any relay events.

There will be eight (8) place scoring, 10-8-6-5-4-3-2-1. All races are timed finals.

END OF SEASON HEAD COACHES' MEETING: The Conference Coaches meeting will be held on the first Tuesday after the state meet at TBD (Time/Location)

At the EoS HC meeting, the Classic Eight Track and Field Athletes of the Year will be selected by the Boys and Girls programs. Separate Track and Field athlete awards are allowed for each gender of athletes.

TRACK ROTATION	2022	2023	2024	2025
BOYS JV INDOOR	OCON	OCON	OCON	SOUTH
GIRLS JV INDOOR	SOUTH	SOUTH	SOUTH	OCON
BOYS JV INVITE	MUK	MUK	MUK	
GIRLS JV INVITE	NORTH	KM	KM	
VARSITY INDOOR		CONFERENCE	CONFERENCE	
BOYS RELAYS	MUK	OCON	ARROW	
GIRLS RELAYS	OCON	WEST	KM	

VARSITY OUTDOOR	ARROW	NORTH	WEST
BOYS JV OUTDOOR	CM	ARROW	NORTH
GIRLS JV OUTDOOR	MUSK	MUK	OCON

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