

Coaching Notes-JV Open 2025

Meet Manager: Matt Scherbarth (262-347-8462); Mike Gnewuch (262-719-2468)

- ☐ Meet Officials: Dennis Meyer, John Miller, Mark Pagach

Safety

- ☐ **Trainer:** Jason Abels (414-750-9317)
 - ☐ Will be located by blue water pump house (south of horizontal jumps) during meet
- ☐ **AED Locations:**
 - ☐ On Concessions Stand
- ☐ **Emergency Action Plan**
 - ☐ Will announce to clear bleachers
 - ☐ Shelter is in Gym to the East of track (enter through the nearest garage doors); will seek additional shelter in adjacent classrooms, bathrooms and locker rooms as necessary
- ☐ **Restrooms/Water**
 - ☐ Restrooms located at the North end of the track (concessions stand)
 - ☐ Water fountains on the blue pump house near the horizontal runway and near the tennis courts (West of track)

Restricted area

- ☐ Finish line
- ☐ Timing area

Warmups

- ☐ Allowed on the east end of the football field between the 20 yd lines
- ☐ Athletes should **not** warmup/congregate on the finish straightaway (West of the rope)

Check in Procedure

- ☐ Running Events:
 - ☐ Hip numbers at the North end of the straightaway (near concession stand). Numbers on left hip; for DMR, 4x800, 1600 SMR (2-2-4-8) there will be a secondary number on the left chest
 - ☐ Note: we are short on #5's, so athletes in position 5 may receive an alternate number
 - ☐ Clerking will be done at the North End of the straightaway for all except for the 300 hurdles (clerked at the start of that race)
- ☐ Field events check in at the start of the event at the event location
 - ☐ Check out time for athletes to participate in running events: 15 minutes

Field event locations and procedures

- ☐ Horizontal Jumps
 - ☐ Long Jump on runway nearest the track; Triple Jump on runway nearest the school. 90 min open pit with 20 min between genders for warmup. Girls Long/Guys Triple followed by the reverse
 - ☐ Open pit for 90 min followed by 20 min warmup; will close pit early if necessary
 - ☐ 3 jumps only
- ☐ Vertical Jumps

- ☐ High Jump
 - ☐ Guys and Girls on separate pits simultaneously. Girls on West pit, guys on East pit
 - ☐ Starting height: Girls: 3' 6" Guys: 4'
 - ☐ no check out times until down to 8 athletes, then 15 minutes max.
- ☐ Pole Vault
 - ☐ Guys and Girls Same Runway
 - ☐ Opening height 5', move by 1' increments to 8', then 6" after
- ☐ Throws
 - ☐ Shot and Discus: will be thrown by school with flights, with 4 throws per athlete (2 and 2 upon entering the ring). Guys Disc/Girls Shot followed by Guys Shot/Girls Disc

Meet administration help

- ☐ Jury of appeals: WIAA Starter, WIAA Official, Waukesha South Boys , St Augustine Prep, CMH Girls

Exchange zone judges

4x100m:

- ☐ Exchange Zone 1: Mukwonago
- ☐ Exchange Zone 2: Waukesha West
- ☐ Exchange Zone 3: Muskego

Results

- ☐ Available at muktrack.com
 - ☐ muktrack.com>hosted meets>results
- ☐ Link available via the milesplit.wi registration link as well