

Wisconsin Heights Track Meet 5/11/2021

Wisconsin Heights - Sugar River - Lodi

When: May 11, 2021

Time: Coaches Meeting at 4:00pm by the pressbox
Field Events/4 x 800 Relays - 4:15pm
Hurdles - No sooner than 4:45pm

Teams: Wisconsin Heights, Sugar River, Lodi

Entries: Enter entries at wi.milesplit.com by Monday, May 10 at 8:00pm. Please make sure you enter under the Capitol Conference South Tri. **Please inform me as soon as possible if you are experiencing any technical problems. We will allow three entries for varsity, unlimited for JV – please make sure you mark JV after (3) entries.**

Other information:

1. Relay Exchange Zones:
 - a. 4x200 - (Red to Red, Red to Red and Yellow to Yellow) Sugar River and Wisconsin Heights @ 1st and 3rd exchange.
 - b. 4x100 - (Yellow to Yellow all the way around) Lodi - 1st exchange, Wisconsin Heights - 2nd exchange, Sugar River - 3rd exchange.
2. The Long and Triple Jump will be an open pit with Varsity 4 jumps, JV 3 jumps, no finals. Girl's long jump and boy's triple jump will be contested first. It will be open pit for an hour followed by 10 minutes of warm-up for boy's long and girl's triple.
3. Shot Put and Discus will be run with girl's shot and boy's discus being first. Varsity 4 throws, JV 3 throws, no finals.
4. Girl's high jump and boy's pole vault will be first and run to completion. Starting heights will be:
 - Starting heights for high jump will be two heights lower than the lowest seed
 - Girl's Pole Vault 5'6" then up 6" increments
 - Boy's Pole Vault 7'6" then up 6" increments
5. Team tents/camps can only be set up outside the fenced area around the track on the opposite side of the press box. There should be no tents by the softball field or soccer field. Please clean up your area prior to the end of the meet.
6. **ONLY pyramid 1/4", 3/16", or 3/8" inch spikes**

If you have any questions, feel free to contact Kelly Payne at kepayne@wisheights.k12.wi.us or Jay Kuenster at jkenster@wisheights.k12.wi.us You may also contact our Athletic Director, Andy Pickett, e-mail him at apickett@wisheights.k12.wi.us

Thanks

Kelly Payne and Jay Kuenster
Head Track Coaches

2021 Track and Field Order of Events

- (1) 3200 Meter Relay (girls)*
- (2) 3200 Meter Relay (boys)*
- (3) 100 Meter High Hurdles (girls)
- (4) 110 Meter High Hurdles (boys)
- (5) 100 Meter Dash (girls)
- (6) 100 Meter Dash (boys)
- (7) 1600 Meter Run (girls)
- (8) 1600 Meter Run (boys)
- (9) 800 Meter Relay (girls)
- (10) 800 Meter Relay (boys)
- (11) 400 Meter Dash (girls)
- (12) 400 Meter Dash (boys)
- (13) 400 Meter Relay (girls)
- (14) 400 Meter Relay (boys)
- (15) 300 Meter Low Hurdles (girls)
- (16) 300 Meter Intermediate Hurdles (boys)
- (17) 800 Meter Run (girls)
- (18) 800 Meter Run (boys)
- (19) 200 Meter Dash (girls)
- (20) 200 Meter Dash (boys)
- (21) 3200 Meter Run (girls)*
- (22) 3200 Meter Run (boys)*
- (23) 1600 Meter Relay (girls)
- (24) 1600 Meter Relay (boys)
- (25) Field Events