



THE 2023 NORTH SHORE CONFERENCE JV TRACK AND FIELD MEET



TO: Head Track and Field Coaches / Athletic Directors

Cedarburg -	Boys and Girls
Grafton -	Boys and Girls
Hartford –	Boys and Girls
Homestead -	Boys and Girls
Nicolet-	Boys and Girls
Port Washington -	Boys and Girls
Slinger -	Boys and Girls
West Bend East	Boys and Girls
West Bend West	Boys and Girls
Whitefish Bay	Boys and Girls

FROM: Scott Helms – Athletic Director

Bob Sliwinski Hartford Head Girls Track Coach
Lance Zodrow – Hartford Head Boys Track Coach

RE: North Shore Conference JV Track and Field Meet, Thursday, May 18, 2023

Important Information

- Admission** - \$6 General Admission. Tickets can be bought using GoFan the week of the invite.
- Implements** will be weighed in and measured outside the shed at the south end of the track at 3:00p.m.
- Coaches Meeting** will take place at 3:15p.m. in the shed at the south end of the track.
- Storage Shed & Infield** are off limits to everyone except for meet workers.
- Team Tents** are only permitted to the area west of the track bleachers.
- All athletes must stay out of the infield before and during the event
- ¼ Inch** or less Pyramid Spikes are the maximum allowed.
- Concessions** will be available.
- Marshalling area** will be at the north end of the track for all running events (except 300H/200m).
- Jury of Appeals:**
Officials – William Haury, Nancy Pietrowiak, Stephen Ward and Don McNaughton
Bob Sliwinski and Lance Zodrow – Meet Managers
Slinger Boys Head Coach
Beaver Dam Girls Head Coach
- Entries will be submitted through wi.milesplit.com or www.tracksidetiming.com
- Each team is allowed 28 individual entries with a maximum of 3 individuals per event. In each relay event, 1 relay team per school is allowed. A maximum of six (6) names may be listed per relay. Individual athletes may compete in a **MAXIMUM of 4 EVENTS** - no more than 3 Running or 3 Field Events. Scoring will be 10-8-6-5-4-3-2-1. Please be mindful of the conference rule regarding participation in the Varsity and JV meets.
- Entry deadline is 10:00PM on Tuesday, May 16, 2023.**
- Changes** should be turned in to the shed at the south end of the track immediately upon arrival. Scratch and replace only.
- Medals** will be awarded 1st-3rd place in all events.



HARTFORD TRACK & FIELD





THE 2023 NORTH SHORE CONFERENCE JV TRACK AND FIELD MEET



Order of Events

- 3:00 Facility Opens
Implements Weigh In - Storage Shed
3:15 Coaches Meeting - Storage Shed
4:00 Field Events

Boys Discus followed by Girls (4 Throws – No Finals)
Girls Shot put followed by Boys (4 Throws – No Finals)

Girls and Boys High Jump (2 pits will be used - Boys west pit, Girls east pit - opening heights: TBD)
Boys Pole Vault followed by Girls (opening heights: TBD)

East Runway

Girls Long Jump followed by Girls Triple Jump
Open pit for one hour. (4 Jumps – No Finals)

West Runway

Boys Triple Jump followed by Boys Long Jump
Open pit for one hour. (4 Jumps – No Finals)

4:30 Running Events

Girls will go first in all final running events.

Wheelchair events will be run between the girls and boys timed finals.

- 3200 Meter Relay
- Prelims 100 Meter Dash
- Prelims 100/110 Meter High Hurdles
- 15 minute break -
- 100/110 Meter High 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 (timed finals)
- 3200 Meter Run
- 1600 Meter Relay

*The meet will be scored 10, 8, 6, 5, 4, 3, 2, 1 for all events. (8 places)

* Exchange zone help

4x200 - Hartford and Officials

4x100 – Homestead(1), Nicolet(2) and Port Washington(3).



HARTFORD TRACK & FIELD

