

East Troy Track and Field Invitational 2019

East Troy High School, 3128 Graydon Avenue, East Troy, Wisconsin 53120

Friday, April 22nd, 2022

Teams: Badger, East Troy, Greendale, Jefferson, Lakeside Lutheran, Martin Luther, Milton, Milwaukee Hamilton, Milwaukee Riverside, Shoreland Lutheran.

Entries: One relay per team per event. Twenty-eight entrants combined for the open events and field events. No more than three individuals in any event.

Coaches Meeting: Will be held in our high school cafeteria at 3:45. Snacks will be provided. Final scratches, no replacements, only will be handled at this time. **The meet will be reseeded if it reduces heats**

All entries should be entered by **5 PM April 20th**.

If you have any questions, you can Email me: oldrei@easttroy.k12.wi.us

Track: We have an eight-lane track. $\frac{1}{4}$ inch pyramid spikes only are allowed on the track and on all runways. Any athlete caught in violation will be disqualified from the meet. Please check your athletes. Throwing circles are concrete. **The infield of the track is a restricted area. There will be a roped off area near the high jump for coaches and participating high jumpers only.** Team camps should be in the stands or outside the track surface. Use of the infield will strictly be **off-limits** to any athlete or coach. Please make sure your coaching staff and athletes are aware of this restriction. **Athletes should warm up outside the infield.**

Please remind your athletes to check in with the clerk of course at either the first or second call for their event and to listen carefully to instructions.

Entries: *Registration: Registration opens at 5pm on April 14th and closes at 5 pm on April 20th. Teams will submit their entries through MileSplit.com. The meet should already appear on your calendar, and [general entry instructions can be found here](#). If you are a first time user of MileSplit, please see these [additional instructions to claim your team](#) and note that this may take a day for MileSplit to verify your role as a coach. Scratches will be allowed the day of the meet but there will be no replacements. We will re-seed if it reduces heats. Please contact Matt Land of In Focus Timing with any questions about entries at matt@infocustiming.com*

Advancement: In running events with trials (trials in the 100/110 Hurdles and 100 Dash), heat winners plus the next fastest times will fill the eight person final. All other races will be run as finals with the fastest section running last. **The 200 Dash will be ran as a final only. There will be no prelims.**

Long Jump: **Girls open pit: 4:30 – 5:45 Four Jumps – No Finals**
 Boys open pit: 6:00 – 7:15 Four Jumps – No Finals

Triple Jump: **Boys open pit: 4:30 – 5:45 Four Jumps – No Finals**
 Girls open pit: 6:00 – 7:15 Four Jumps – No Finals

Shot Put and discus will be run in flights

Shot Put: **4:30 by Flights: Boys, then Girls Four Throws – No Finals**
Discus: **4:30 by Flights: Girls, then Boys Four Throws – No Finals**

Pole Vault: This year, opening heights will be determined at the coaches meeting

Officials: Doug Anderson, John Lucht, and Timothy Shore

Team Scoring: 10, 8, 6, 5, 4, 3, 2, 1 for both individual and relays.

Awards: Team trophies will be awarded to the **top two boys and girls teams**. Medals will be awarded to the top three finishers in each individual and relay event.

Concessions will be available during the meet and there will be an admission charge of \$5 for spectators.

Jury of Appeals: The starter, assistant starter, meet manager, the boys' coach from Jefferson and the girls' coach from Milton (Coaches are arbitrarily appointed. Thank you.)

Relay Exchange Zone Judges: Please have a coach at these zones to help officiate exchanges.

800 Relay: 1st/3rd Exchange: Lanes 1-4- **Milton & Shoreland Lutheran**: Lanes 5-8-**Badger & Milwaukee Hamilton** 400 Relay: 1st Exchange – **Greendale**, 2nd Exchange –**Martin Luther**, 3rd Exchange- **East Troy**

ORDER OF EVENTS

Girls first unless otherwise stated.

Field Events 4:30

Discus – Girls, then Boys

Shot Put – Boys, then Girls

Long Jump – Girls, then Boys

Triple Jump – Boys, then Girls

Pole vault – Boys, then Girls (Starting Height: TBD at Coaches Meeting)

High Jump – Girls, then Boys (Starting Height: TBD at Coaches Meeting)

Running Events 4:30

3200m Relay

100m/110m High Hurdle Trials

100m Dash Trials

10 Minute Break

100m/110m High Hurdle Finals

100m Dash Finals

1600m Run

800m Relay

400m Dash

400m Relay

300m Intermediate Hurdles

800m Run

200m Finals

3200m Run

1600m Relay

Team Awards

If you have any questions or concerns, please contact me at 262-492-1656 (cell) or email me at oldrei@easttroy.k12.wi.us.

Thank you,

Reid Oldenburg
Athletic Director
East Troy High School