

Sheboygan North Raider Co-ed JV Invite

Friday March 25, 2022

Sheboygan North High School is hosting its JV Co-Ed indoor invite Friday March 25, 2022. FAT timing will be used in all events except for the 3200m relay. Please have your team camp established in the commons as you enter the building. There will not be enough room in the fieldhouse for Team Camps.

Location: Sheboygan North High School, 2926 North 10th Street. Please have your bus drop athletes off at the intersection of School Avenue and 12th street. (Door 15) Have your buses drop athletes off, then relocate the bus to the parking lot on the east side of the building; off of N.10th Street.

Teams:

Howards Grove, Kiel, Little Chute, Milwaukee Pulaski, Oak Creek, Plymouth, Port Washington, Sheboygan Falls, Sheboygan North, Sheboygan South, West Bend East, West Bend West

Entries:

- All schools must enter their athletes online at www.athletic.net
- 3 entries per individual event Exception (3200 and 200 where only 2 will be allowed)
- 5 entries for the 55m dash, we will not run finals this year, and try to allow more athletes an opportunity to compete.
- 1 Relay Team
- Unlimited Throwers

Deadline for entries is Thursday, March 24rd at 8:00pm. Please make sure to enter legitimate times for indoor meets. You may only scratch and replace athletes in running events at the coaches meeting.

Facility:

The field house track is a 160m track with 6 lanes on the straight and 4 lanes around. **NO SPIKES** are allowed on the track. Pole Vault and High Jump will be held on the infield while the long and triple jump pit is located on the outside of the track along the back stretch in the field house. Shot put is held in the Desotell Gymnasium.

Athletes must report to the bullpen, (located near the north end of the bleachers) and obtain a hip number prior to the second call of their race. That hip number must be placed on their left hip and be visible when the athlete crosses the finish line. Only the 4th runner in the relay race must have this number. All runners must report to the clerk of course by the 2nd call of their race. He will be located near the start line of each race.

Coaches Meeting:

Coaches meeting will be held in room 163 at 2:00pm. Only scratch and replace will be allowed in running events, no additional athletes will be allowed on the day of competition. Food and Beverage will be provided

Scoring: 8 places will be scored in all events – 10-8-6-5-4-3-2-1

Awards: medals to the top 3 place finishers in each event.

Results: 1 copy of results can be printed per team, upon coaches' request. All results will be available at www.athletic.net immediately following competition.

Running Events:

Prelims and finals will be used in the 55m dash and hurdles only. 400m Dash and 1600m Relay will be run in alleys. Blocks will not be used and each heat will have 6 competitors. We will need lap counters for the 1600 and 3200. The Event will not start without a lap counter per athlete.

Field Events:

All field events will be 3 attempts with no Finals

Starting Heights:

Starting heights will be determined in the coaches meeting. The below are tentative heights.

Tentative thoughts about Heights

Girls PV 5', 6', then 6" increments

Boys PV 7', 8', then 6" increments

Girls HJ 3'6"

Boys HJ 4'6"

Final heights will be determined at the coaches meeting. We will look at the total number of competitors, and we will try to provide heights that will allow for every competitor to get a mark, but not extend the meet to an obnoxious length.

Pits:

3 Jumps no finals. Long jump will occur first, use one board, and be competed as "open pit". Athletes will be able to piggyback on their first 2 attempts. Make sure athletes measure off the proper Board. At the conclusion of Long Jump there will be a short break for Triple Jump run throughs. Triple jump will operate from 3 boards and operate in the same manner.

Concessions: The Sheboygan north booster club will provide concessions, please remind your athletes that only water is allowed in the field house area.

Order of Events:

1:30 Facility Opens

2:00 Coaches Meeting

2:30 All Field Events

Pole Vault Boys/Girls

Shot Put Girls/Boys

High Jump Girls/Boys

Long Jump Open Pit (both genders)

Triple Jump (after conclusion of long jump)

3:00 All Running Events

55m Hurdle Girls/Boys

55m Dash Girls/Boys

3200m Relay (Hand Timed) Girls/Boys

1600m Run Girls/Boys

4x240m Relay Girls/Boys

400m Dash Girls/Boys

4x160m Relay Girls/Boys

800m Run Girls/Boys
200m Dash Girls/Boys
3200m Run Girls/Boys
1600m Relay Girls/Boys

If you have any questions, please email or call Ted Schermetzler 920-698-0418 Cell
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