



# WIAA Track & Field Championships

## Wisconsin Lutheran Sectional

Thursday, May 23rd, 2019

1. Directions: Wisconsin Lutheran High School  
330 N. Glenview Avenue  
Milwaukee, WI 53213
  
2. Time Schedule: Facility Open 2:00pm  
Coaches Meeting 2:45pm  
Field Events 3:30pm  
Running Events 4:15pm
  
3. Review: Please review the Track & Field Tournament Procedures.  
Specific information is on the WIAA Website
  
4. Officials: Meet Referee - Jay Preston  
Field Referee - Pat Pretty  
Starter - Robert Kern  
Starter - L Stephen Ward
  
5. Teams: Brookfield Academy, Brown Deer, Campbellsport,  
Catholic Memorial, Cedar Grove-Belgium, Cristo Rey  
Jesuit/Dominican, Cudahy, Grafton, Kettle Moraine Lutheran,  
Kewaskum, Laconia, Lomira, Martin Luther, Mayville, Messmer,  
Milwaukee Lifelong Learning, Milwaukee Lutheran, New Berlin  
West, North Fond du Lac, Obama SCTE, Port Washington,  
Racine St. Catherine, Ripon, St. Anthony, St. Francis, St.  
Lawrence Seminary (b), St. Thomas More, Shoreland Lutheran,  
Shorewood, Tenor/Veritas, University School, Waupun, Wisconsin  
Lutheran.
  
6. Scoring: 8 places (10-8-6-5-4-3-2-1)
  
7. Advancement: Top Four (4) automatically advance. Other qualifiers are  
individuals and relay teams whose performances in Sectionals  
rank among the eight best of all Sectional performances.
  
8. Awards: WIAA Team Plaque to the Boys and Girls Champions.  
Medals to the top four in each event, including relays. **If  
weather permits, we will award medals to qualifiers, one event  
removed. Please help us get the top four finishers to the awards  
area immediately after their race!**

9. Admissions: Tickets:  
 All tickets - \$5.00  
 Under 6 – free.
- School Administrator & AD and spouses admitted free of charge. 3 coach's spouses also free of charge. **Please send names of coaching spouses to Jeff Sitz at WLHS [Jeff.sitz@wlhs.org](mailto:Jeff.sitz@wlhs.org)**
10. Rain Date: Friday, May 24th. (Identical Time Schedule)
11. Jury of Appeals: Jeff Sitz, Meet Director  
 Robert Kern, Starter  
 L Stephen Ward, Starter  
 New Berlin West, Head Boys Coach  
 Brown Deer, Head Girls Coach
12. Restricted Areas: The infield will be a restricted area during the meet, as will the start and finish areas.
13. Team Tents: Team tents are restricted to the practice field outside the fence on the south end of the field.  
**NO team camps in the bleachers.**
14. Team Bus: Team busses should drop off on Glenview Avenue, (84<sup>th</sup> Street) or in the Water-tower Parking Lot. **See attached map for bus parking.**
15. Parking: **Please mention to your families that they cannot park in the Pick n Save lot to the north of the school. They ticket and tow quickly!**
16. Opening Heights: Will be determined by the meet management according to the WIAA format.
17. Field Events: The Long and Triple Jumps compete in order for prelims and finals. Attempts must be taken in 1-1-1 format.
- Discus is thrown on the track infield.  
 Long Jump Board: 9 feet from pit  
 Triple Jump Boards: 24, 28, 32, 36
- Shot Put - Girls, followed by Boys  
 Discus - Boys followed by Girls

Long Jump -	Girls, followed by Boys (East Runway)
Triple Jump -	Boys, followed by Girls (West Runway)
High Jump -	2 pits (Boys- Richey pits; Girls- UCS pits)
Pole Vault -	Boys, followed by Girls

18. Video Viewing Areas

**Video can only be reviewed with athletes in a designated coaches box.**

-**Long and Triple Jump** coaches box is between the track and the bunting on the east side of the track. -**Shot and Disc** coaches box is outside of the track on the north end. -**Vault** is on the east side of the vault runway in the designated area. -**High Jump** is outside of the track on the south end. -**Running events** can use any coaching box.

19. Equipment: Shots and Discus will be weighed and measured at the storage garage in the Stadium.

20. Trainer: An athletic trainer from the Froedtert Sports Medicine Group, Will George, will be on site all day.

21. Facility: Seal Flex, 8 lane track. Discus is thrown inside the oval. Long and triple jump and pole vault runways are east of the track. High Jump located on the south end and the shot put is located on the north end of the track. 1/4" spikes OK, no "needle" spikes. Spectator seating only on the west side of the track or in designated bleacher areas by field events.

22. Results: Results will be available to the coaches and press immediately after the event on the WIAA website.

Results will be provided to the WIAA, The Wisconsin State Journal and the Milwaukee Journal Sentinel. They will also be posted on our track & field website, [www.wiscotrack.com](http://www.wiscotrack.com).

23. Entries: Entries will come automatically from the WIAA. Please check heat sheets at [www.wiscotrack.com](http://www.wiscotrack.com) on Tuesday. Contact Josh Seeger at [josh.seeger@wlhs.org](mailto:josh.seeger@wlhs.org) with any spelling corrections.

24. T-Shirts/Sweatshirts: WIAA Sectional T-shirts & Sweatshirts will be on sale!

25. Questions: Please contact Jeff Sitz, Director of Athletics at WLHS, at 414-453-4567, ext. 2007. Cell...414-429-8866

# WIAA Sectional - 2019

## Order of Events

### Field Events

3:30pm	Pole Vault	Boys, followed by Girls
	Discus	Boys, followed by Girls
	Shot Put	Girls followed by Boys, then Coed Wheelchair
	High Jump	Two pits available (Girls-UCS, Boys-Richey)
	Triple Jump	<b>West Runways</b> – Boys followed by Girls
		Trials Reverse Order; Finals-Reverse Order
	Long Jump	<b>East Runways</b> – Girls followed by Boys
		Trials Reverse Order; Finals-Reverse Order

### Track Events

4:10pm	Coed Wheelchair 1600 finals
4:15pm	Girls 4 x 800 Relay
	Boys 4 x 800 Relay
	Girls 100 Trials
	Boys 100 Trials
	Girls 100H Trials
	Boys 110HH Trials
	Girls 200 Trials
	Boys 200 Trials

### **15 Minute Break, followed by opening ceremony**

Girls	100 H Finals
Boys	110 HH Finals
Coed	100 Wheelchair Final
Girls	100 Dash Finals
Boys	100 Dash Finals
Girls	1600 Final
Boys	1600 Final
Girls	4 x 200 Relay
Boys	4 x 200 Relay
Coed	Wheelchair 400
Girls	400 Final
Boys	400 Final
Girls	4 x 100 Relay
Boys	4 x 100 Relay
Girls	300 LH Finals
Boys	300 IH Finals
Girls	800 Finals
Boys	800 Finals
Coed	Wheelchair 800
Girls	200 Finals
Boys	200 Finals
Girls	3200 Finals
Boys	3200 Finals
Girls	4 x 400 Relay
Boys	4 x 400 Relay

