



Antigo High School

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TO: Antigo, Lakeland, Medford, Mosinee, Northland Pines, Rhinelander, Tomahawk

FROM: Matt Meronk (Antigo Athletic Director)

RE: Great Northern Conference Meet Information

DATE: May 22nd, 2014

DATE: Thursday, May 22nd

TIME:

| | |
|--------------------|---|
| Coaches Meeting | 3:45 (Meet at the Timing tent at the start / finish line) |
| Shot/Disc Weigh-In | 3:55 (Weighing at the Metal Shed by the long jump pits) |
| Field Events | 4:30 |
| 3200 M Relay | 5:00 |



ROSTER: Entries will be through DirectAthletics at www.directathletics.com
 Results posted online at www accuracetiming.com soon after the meet.
 Entry deadline is Wednesday, May 21st at NOON.



GAMES COMMITTEE: Meet Manager (Matt Meronk)



OFFICIALS: Jim Alfonso (Antigo)
 Mike Carlson (Stevens Point)
 Ira Rebella (Merrill)



POLE VAULT: Please have your verification sheets available at the coaches meeting.



CONCESSIONS & RESTROOMS: Concessions South End of the track. Bathrooms located across the street at the Aquatic Center and front lobby of the high school.



T-SHIRTS: Shirts will be on sold!

RESTRICTED AREA: The infield of the track will be designated as a restricted area. Participating athletes can use the infield to warm up for an event but will then be expected to leave the infield area after their competition. Team tents/camps can set up outside the fenced area. All non-participating athletes, parents and coaches must be outside of any fenced or flagged areas of field events.
Coaches' boxes will be provided for field events.

SURFACE: Throwing areas – concrete/ throw into pea gravel
 Track and runways – rubberized surface, 9 lanes
 ¼” max. Allowable exposed spikes

SCORING: 10-8-6-5-4-3-2-1(Individual Events) 10-8-6-5-4-3-2(Relays)

ENTRY FORMS:

1. **On-line registration** www.directathletics.com. Deadline set for noon on Wednesday, May 21st. Results posted online at www accuracetimeing.com soon after the meet.
2. Schools submitting team entries after the deadline date will be permitted to compete but will NOT receive consideration for seeds, lanes, heats, flights, sections, etc.
3. Meet managers have no authority to allow substitutions in individual events on the day of the meet except:
 - (a) *If a coach presents a medical statement that a student cannot participate.*
 - (b) *If the WIAA approves a change.*
 - *Individual(s) involved in substitutions will not be reseeded, but will assume the same section, heat, lane, and/or flight assignment of the original entry(s).*
4. Scratches are allowed the day of the meet, but no replacements are allowed except as indicated above.
 - (a) *An individual may scratch from part of the meet without having to scratch from the entire meet.*
 - (b) *An individual who is already entered in an event(s) cannot scratch from one event to replace a student in another event.*
5. Additions: A school not using all eligible entries may NOT fill these spots after the Wednesday, May 21 entry form deadline. This deadline applies to any individual or relay team not originally entered.
6. A school may enter a maximum of one relay in each relay event and 28 individual event entries. There is a maximum limit of three entries in any individual event. An athlete may enter a maximum of four events, but in no more than three running or field events. Being listed as a substitute on a relay team(s) counts as an event.
7. Additional relay alternate names may be changed for injury, illness, or discipline only if two names were listed alternates on the original entry form. Additional substitutes will only be added with a signed medical excuse or disciplinary letter from the school's athletic director, principal or superintendent/president. This new alternate may not exceed four events from his/her original entry.
8. The Great Northern Conference Track & Field Meet follows the W.I.A.A. regional tournament guidelines. All other W.I.A.A. information pertaining to regional competition can be found in the Spring Edition of Season Regulations and on-line at the W.I.A.A. website.



GNC Outdoor – Order of Events:

FIELD EVENTS @ 4:30 p.m.

- Boys' Pole Vault followed by Girls' (*Located at East side of the Track*).
- Girls' High Jump followed by Boys' (*Located at the North end of the Track*).
- Boys' Discus followed by Girls' (*Located Southeast of the Stadium*).
- Girls' Shot Put followed by Boys' (*Located Southeast of the Stadium*).
- Boys' Triple Jump -South Pit, Girls' Triple Jump in the North Pit-"open pit" prelims-then reverse order for finals. Open Pit 4:30- 5:30 PM. Finals from 5:45- 6:15 PM.
- Girls' Long Jump- South Pit, Boys' Long Jump – North Pit, "open pit" prelims-then reverse order for finals. Open Pit 6:30- 7:30 PM. Finals from 7:45- 8:15 PM

RUNNING EVENTS @ 5:00 p.m. (All running events are girls first followed by boys)

4 x 800 Meter Relay
100 Meter Dash (Trials)
100 and 110 Meter High Hurdles (Trials)
200 Meter Dash (Trials)

**** Break - 15 minutes ****

100 and 100 Meter High Hurdles Finals
100 Meter Dash Finals
1600 Meter Run
4 x 200 Meter Relay
400 Meter Dash
4 x 100 Meter Relay
300 Meter Hurdles
800 Meter Run
200 Meter Dash Finals
3200 Meter Run
4 x 400 Meter Relay

