

TO: AD's and Head Track Coaches
FROM: Aaron Mack, Activities Director
RE: 12th Annual Heather Johnson Memorial Invitational
DATE: May 5th, 2016



Dear AD's and Coaches:

On behalf of the Wisconsin Dells Athletic Department and the Track program I would like to welcome you to the 12th Annual Heather Johnson Track and Field Invitational at Wisconsin Dells High School. This letter will contain most of the information pertinent to the Invite. Please feel free to contact me with any questions at 608-253-1461 ext. 1005 or via email at amack@sdwd.k12.wi.us.

DATE OF MEET: Friday, May 13th, 2016

PARTICIPATING TEAMS: Adams-Friendship, DeForest, Marshall, Marshfield, Mauston, Medford, Portage, Reedsburg, Sauk Prairie, Wayland Academy, Wisconsin Dells

COACHES: PLEASE INFORM YOUR ATHLETES THAT YOU WILL NOT HAVE ACCESS TO THE HIGH SCHOOL UNTIL AFTER CLASSES ARE RELEASED @ 3:30PM. BUILDING WILL BE LOCKED

MEET MANAGER: Hugh Gaston – hgaston@sdwd.k12.wi.us

OFFICIALS: Jerry Griffin, Tom Tenpas, Warren Terry

TIMES:

Coaches Meeting	3:30	– HIGH SCHOOL BAND ROOM – Enter in back of high school – Stairs lead right up to band room. Outside access only
Weighing of Implements		– Outside the Football Field Press Box – Bottom of stairs
Field Events	4:00	
Running Events	4:30	

TRACK & SPIKES: 1/4 inch exposed spikes will be allowed on the track surface.

CONCESSIONS: There will be a fully stocked concession stand operating all day, sponsored by the Wisconsin Dells Track Team. It is located under the press box at the Track.

AWARDS: Top three in each event will earn medals.

Championship plaques will be awarded to the boy's and girl's first place teams as well as a traveling trophy to the combined boys and girls champion. A sportsmanship plaque will also be awarded to one school based upon voting done by the meet officials and workers.

T-SHIRTS: The Johnson Family will have T-shirts for sale.

SCORING: 10-8-6-5-4-3-2-1 in all events.

FIELD EVENTS: Girls will compete in Shot Put first. Boys will throw discus first.
Triple Jump and Long Jump will be open pit with boys doing Triple Jump first and Girls doing Long Jump first.
Boys Pole Vault first followed by the Girls
Girls High Jump followed by Boys.
**We will use the 5 Alive Continued Flight format.

ENTRY FEE: \$200.00 payable to School District of Wisconsin Dells

ORDER OF RUNNING EVENTS:

3200 Relay (G)
3200 Relay (B)
100 M Dash Trials (G)
100 M Dash Trials (B)
100 M Hurdles Trials (G)
110 M High Hurdle Trials (B)
200 M Dash Trials (G)
200 M Dash Trials (B)

FINALS QUALIFIERS WILL BE THE HEAT WINNERS AND THE NEXT BEST TIMES FOR A TOTAL OF EIGHT FINALISTS.

15 MINUTE BREAK BEFORE FINALS

100 M Hurdle Finals (G)
110 M High Hurdle Finals (B)
100 M Dash Finals (G)
100 M Dash Finals (B)
1600 M Run (G)
1600 M Run (B)
4 x 200 M Relay (G)
4 x 200 M Relay (B)
400 M Dash (G)
400 M Dash (B)
4 x 100 M Relay (G)
4 x 100 M Relay (B)
300 M Hurdles (G)
300 M Hurdles (B)
800 M Run (G)
800 M Run (B)
200 M Dash Finals (G)
200 M Dash Finals (B)
3200 M Run (G)
3200 M Run (B)
4 x 400 M Relay (G)
4 x 400 M Relay (B)

ENTRIES:

All entries must be submitted by 8:00 pm, Thursday, May 12th. We will be following the WIAA Regional format. You will be allowed 28 individual entries with a max of 3 individuals per event and one relay per event. This year we have contracted with AccuRace Timing Services for entry collection and electronic timing. To enter athletes please go to www.directathletics.com

Changes may be made up to Noon on Friday, May 15, 2015. Please e-mail these to Clark Jillson at chvjillson@aol.com - Only scratches will be accepted at the coaches meeting before the meet.

EXCHANGE ZONES

3200m & 1600m relay

Incoming – Starter

Outgoing – Starter

800m relay

1st & 3rd Incoming – Portage

1st & 3rd Outgoing – Medford

2nd Incoming – Starter

2nd Outgoing – Starter

400m relay

1st Incoming – Mauston

1st Outgoing – Marshall

2nd Incoming – DeForest

2nd Outgoing – Adams-Friendship

3rd Incoming – Sauk Prairie

3rd Outgoing – Marshfield

Jury of Appeals

Meet Manager

Starter 1

Starter 2

Wayland Academy Boys Coach

Reedsburg Girls Coach