



**BANGOR HIGH SCHOOL
WIAA DIVISION 3 SECTIONAL
TRACK & FIELD MEET
FRIDAY, MAY 29, 2015**

LOCATION: Bangor High School, 700 10th Avenue South, Bangor, WI

TIME: Coaches Meeting 3:00pm H.S. Gymnasium
3:30pm-Field Events
4:15pm-Running Events

ENTRIES: *Top 4 individuals and relay winners from Boscobel, Cuba City, Luther, and Whitehall Regionals*
Preliminary heat sheets and final results (live) will be posted on <http://www accuracetimeing.com>

PARKING: Buses should park by the Old High School after dropping off athletes and coaches. Buses may not park in front of the high school entrance. Parking by MS/HS is reserved for Handicapped and Officials Parking.

ADVANCEMENT: Trials in the 100m Dash, 100/110m High Hurdles and 200m Dash.

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or “Christmas tree” spikes please. Also, please do not use athletic tape on track or field event areas. Chalk will be provided.

SCORING: Standard Scoring. Top 8 Individuals Will Score (10-8-6-5-4-3-2-1) and Top 8 Relays (10-8-6-5-4-3-2-1). Medals will be given to the top 4 individual and relay finishers. Team Plaques to Boys & Girls Sectional Champions

STARTING HEIGHTS:

High Jump	Boys - WBD	Girls - WBD
Pole Vault	Boys - WBD	Girls - WBD

SHOT PUT: Girls First Until Completion with Boys to Follow 3 Throws (Top 9 to Finals – 3 Throws
Reverse Order)

DISCUS: Boys First Until Completion with Girls to Follow 3 Throws (Top 9 to Finals – 3 Throws
Reverse Order)

POLE VAULT: Boys First Until Completion with Girls to Follow

HIGH JUMP: Girls First Until Completion with Boys to Follow

LONG JUMP: Girls First 3:30-5:00 Finals 5:15 Followed by Boys 6:30-8:00 - 3 Jumps (Top 9 to Finals – 3 Jumps
Reverse Order) Approximant Time Schedule

TRIPLE JUMP: Boys First 3:30-5:00 Finals 5:15 Followed by Girls 6:30-8:00 - 3 Jumps (Top 9 to Finals – 3 Jumps
Reverse Order) Approximant time schedule

AWARDS: Medals will be given to the Top 4 individual and relay finishers. Team Plaques to Boys & Girls Sectional Champions

TEAM AREAS: Please set up camps outside the stadiums fenced area, grass area alongside the high school.

ATHLETIC TRAINERS: Athletic trainers will be provided by Gundersen Health System located by the finish line.

ADMISSION & CONCESSIONS: Students & Adults-\$5; 6 & Under-Free; Programs-\$1; Athletes competing athletes will have free admission (team uniform will be considered their admission band). Teams will be provided four complementary coaches passes (1 Head Coach & 3 Assistants). Lanyard passes will be provided and required for coaches to be restricted areas/coaching boxes. All others must pay admission. Concessions will be available on site.

**BANGOR HIGH SCHOOL
WIAA DIVISION 3 SECTIONAL
FRIDAY, MAY 29, 2015
ORDER OF EVENTS**

1:45pm High School & Track Open for Teams

2:45pm Implement Weigh-Ins at Clerk Tent

3:00pm Coaches Meeting

3:27pm National Anthem

3:30pm All Field Events

Shot Put:	3 Throws-(Top 9 to Finals)	2 Flight Prelim – Finals-Reverse Order
Discus:	3 Throws-(Top 9 to Finals)	2 Flight Prelim – Finals-Reverse Order
Triple Jump:	3 Jumps-(Top 9 to Finals) Boys Prelims 3:30-5:00 Finals 5:15	Prelims-Cafeteria Style – Finals-Reverse Order Girls 6:30-8:00 Finals 8:15 Approximant time schedule
Long Jump:	3 Jumps-(Top 9 to Finals) Girls Prelims 3:30-5:00 Finals 5:15	Prelims-Cafeteria Style – Finals-Reverse Order Boys Prelims 6:30-8:00 Finals 8:15 Approximant time schedule
High Jump Starting Height	—Will Be Determined	Girls First with Boys to Follow We will use the “five active” procedure.
Pole Vault Starting Height	—Will Be Determined	Boys First with Girls to Follow We will use the “five active” procedure.

4:15 PM All Running Events

3200M Relay
100M Dash Trials
100/110M Hurdles Trials
200M Dash Trials
15 Minute Break
100/ 110M High Hurdles
100M Dash
1600M Run

800M Relay
400M Dash
400M Relay
300M Intermediate Hurdles
800M Run
200M Dash
3200M Run
1600M Relay

Schedule: We will not follow a definitive time schedule. The field events will attempt to adhere to the set time schedule. Trials will be strictly adhered to but finals may run a little longer. There will be a set twenty minute warmup period following the completion of finals for all field event participants.

Relays: Schools will be assigned to help with relay exchange zones.

Meet Officials:

Starter – Knight Wynn – 97270
Starter – Tom McKenna - 901279
Field Referee – Joan Winkler – 900384
Meet Referee – James Winkler – 401276

Jury of Appeals:

Deb Schaffer - Melrose-Mindoro High School
Todd Bastian - Darlington High School
Knight Wynn – Starter
Tom McKenna – Starter
Kevin Kravik - Meet Manager

Questions Contact Kevin Kravik @ kkravik@spartan.org or Josh Chaplin @ (608) 486-5255 or jchaplin@bangorsd.net

BANGOR TRACK AND FIELD

- Legend**
- ADMISSIONS ENTRANCE
 - ATHELETE ENTRANCE
 - BUS LOADING AND UNLOADING
 - BUS PARKING
 - CLERK TENT
 - COACHES BOX
 - CONCESSIONS
 - DISCUS
 - HANDICAPPED AND OFFICIALS PARKING ONLY
 - JUMPS
 - PRESS BOX
 - RESTRICTED AREA
 - SHOT PUT
 - TENT CITY
 - BUS ROUTE

